



Rice and Lentil Casserole



Gluten Free



Dairy Free

READY IN



75 min.

SERVINGS



4

CALORIES



584 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1.7 cups chicken broth
- ☐ 1 bell pepper green chopped
- ☐ 1 pound sausage italian
- ☐ 0.5 cup lentils dry
- ☐ 1 onion chopped
- ☐ 0.5 cup rice uncooked

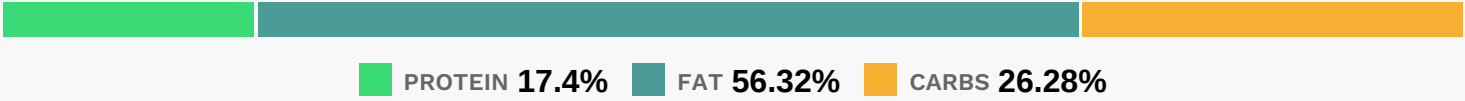
Equipment

- ☐ sauce pan

Directions

☐ In a large saucepan over medium heat, brown the sausage until no pink shows. Stir in the onion and green pepper, and saute until the onions are tender. Stir in the lentils, rice and chicken broth. Reduce heat, cover, and simmer for 40 to 60 minutes.

Nutrition Facts



Properties

Glycemic Index:37.7, Glycemic Load:13.74, Inflammation Score:-6, Nutrition Score:21.494782872822%

Flavonoids

Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Luteolin: 1.41mg, Luteolin: 1.41mg, Luteolin: 1.41mg, Luteolin: 1.41mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 6.24mg, Quercetin: 6.24mg, Quercetin: 6.24mg, Quercetin: 6.24mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

Nutrients (% of daily need)

Calories: 584.31kcal (29.22%), Fat: 36.22g (55.72%), Saturated Fat: 12.9g (80.63%), Carbohydrates: 38.02g (12.67%), Net Carbohydrates: 29.43g (10.7%), Sugar: 2.82g (3.13%), Cholesterol: 88.14mg (29.38%), Sodium: 1196.8mg (52.03%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.19g (50.37%), Vitamin B1: 0.92mg (61.33%), Selenium: 34.14µg (48.77%), Manganese: 0.75mg (37.67%), Vitamin C: 29.28mg (35.49%), Fiber: 8.59g (34.38%), Folate: 134.08µg (33.52%), Phosphorus: 313.7mg (31.37%), Vitamin B6: 0.61mg (30.37%), Vitamin B3: 5.07mg (25.35%), Zinc: 3.58mg (23.89%), Iron: 3.56mg (19.78%), Vitamin B2: 0.33mg (19.18%), Potassium: 652.53mg (18.64%), Vitamin B12: 1.05µg (17.53%), Copper: 0.31mg (15.56%), Magnesium: 57.64mg (14.41%), Vitamin B5: 1.4mg (13.99%), Calcium: 53.54mg (5.35%), Vitamin K: 3.53µg (3.37%), Vitamin A: 121.94IU (2.44%), Vitamin E: 0.3mg (1.99%)