



Sausage and Rice Casserole



Gluten Free



Dairy Free

READY IN



37 min.

SERVINGS



4

CALORIES



378 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 8 ounce water chestnuts drained sliced canned
- ☐ 0.5 cup celery thinly sliced
- ☐ 10.8 ounce condensed undiluted reduced-fat reduced-sodium canned
- ☐ 1 cup brown rice long-grain hot cooked
- ☐ 0.3 teaspoon pepper red crushed
- ☐ 0.5 pound 7%-fat-free breakfast sausage (such as Jimmy Dean)
- ☐ 4 garlic cloves minced
- ☐ 2 tablespoons soya sauce light

- ☐ 1 cup onion chopped
- ☐ 0.5 cup peas green frozen
- ☐ 1 medium bell pepper red chopped
- ☐ 2 teaspoons worcestershire sauce

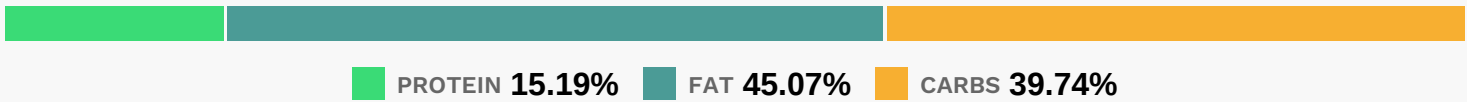
Equipment

- ☐ frying pan

Directions

- ☐ Coat a nonstick skillet with cooking spray; place over medium heat until hot.
- ☐ Add sausage; cook until meat is browned, stirring to crumble; remove from pan.
- ☐ Add onion, bell pepper, and celery to sausage drippings; saut 4 minutes or until tender.
- ☐ Add garlic and crushed red pepper; cook 30 seconds.
- ☐ Add sausage, soup, and next 4 ingredients; stir well. Bring just to a simmer; cover, reduce heat, and simmer 10 minutes. Stir in rice; cover, remove from heat, and let stand 2 minutes.

Nutrition Facts



Properties

Glycemic Index:52.08, Glycemic Load:2.3, Inflammation Score:-8, Nutrition Score:19.821739072385%

Flavonoids

Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 8.29mg, Quercetin: 8.29mg, Quercetin: 8.29mg, Quercetin: 8.29mg

Nutrients (% of daily need)

Calories: 378.28kcal (18.91%), Fat: 19.2g (29.53%), Saturated Fat: 6g (37.51%), Carbohydrates: 38.08g (12.69%), Net Carbohydrates: 31.82g (11.57%), Sugar: 8.01g (8.9%), Cholesterol: 49.2mg (16.4%), Sodium: 1321.08mg (57.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.56g (29.12%), Vitamin C: 51.69mg (62.66%), Manganese: 0.96mg (47.86%), Vitamin B6: 0.62mg (31.24%), Vitamin A: 1424.7IU (28.49%), Vitamin B3: 5.1mg (25.5%), Fiber:

6.26g (25.06%), Vitamin K: 23.82µg (22.68%), Vitamin B1: 0.33mg (21.93%), Phosphorus: 217.28mg (21.73%),
Copper: 0.35mg (17.3%), Potassium: 596.34mg (17.04%), Iron: 2.94mg (16.31%), Zinc: 2.43mg (16.21%), Vitamin B5:
1.59mg (15.92%), Vitamin E: 2.21mg (14.75%), Magnesium: 57.11mg (14.28%), Vitamin B2: 0.22mg (13.05%), Folate:
48.74µg (12.18%), Selenium: 7.92µg (11.31%), Vitamin B12: 0.51µg (8.54%), Calcium: 69.48mg (6.95%), Vitamin D:
0.74µg (4.91%)