



Sausage and Wild Rice Casserole

 Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



387 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 2.3 ounce natural almonds sliced ()
- ☐ 8 ounce water chestnuts drained sliced canned
- ☐ 8 ounce mushrooms fresh sliced
- ☐ 0.3 cup parsley fresh chopped
- ☐ 1 pound ground beef
- ☐ 1 pound sausage meat hot
- ☐ 1 large onion chopped
- ☐ 6 ounce rice mix long-grain wild with uncle ben's)

- ☐ 10 servings try build-a-meal
- ☐ 3 tablespoons soya sauce

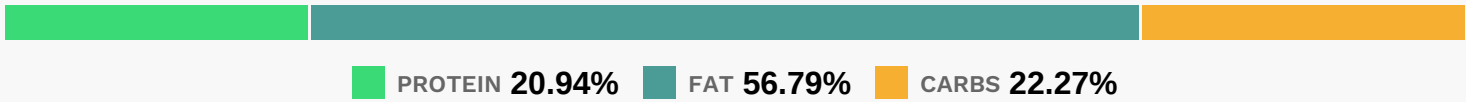
Equipment

- ☐ frying pan
- ☐ paper towels
- ☐ oven
- ☐ baking pan

Directions

- ☐ Cook rice mix according to package directions.Cook sausage and ground beef in a large skillet, stirring until it crumbles and is no longer pink.
- ☐ Drain and pat dry with paper towels. Cook onion and mushrooms in same skillet over medium heat 7 minutes or until tender, stirring occasionally.
- ☐ Combine rice, sausage and beef, onion and mushrooms, water chestnuts, parsley, and soy sauce; stir well. Spoon mixture into an ungreased 13" x 9" baking dish. Cover and chill casserole overnight.
- ☐ Remove from refrigerator, and let stand at room temperature 30 minutes.
- ☐ Sprinkle with almonds.
- ☐ Bake, uncovered, at 350 for 40 minutes or until thoroughly heated.Note: You don't have to refrigerate the casserole overnight. Just spoon it into the baking dish and bake, uncovered, at 350 for 20 minutes or until heated.

Nutrition Facts



Properties

Glycemic Index:20, Glycemic Load:7.13, Inflammation Score:-5, Nutrition Score:16.62652156664%

Flavonoids

Cyanidin: 0.16mg, Cyanidin: 0.16mg, Cyanidin: 0.16mg, Cyanidin: 0.16mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg,

Epigallocatechin: 0.17mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg
Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Naringenin: 0.03mg, Naringenin:
0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin:
4.31mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.92mg,
Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.15mg, Kaempferol: 0.15mg,
Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg
Quercetin: 3.07mg, Quercetin: 3.07mg, Quercetin: 3.07mg, Quercetin: 3.07mg

Nutrients (% of daily need)

Calories: 386.64kcal (19.33%), Fat: 24.63g (37.9%), Saturated Fat: 7.77g (48.55%), Carbohydrates: 21.73g (7.24%),
Net Carbohydrates: 18.17g (6.61%), Sugar: 2.78g (3.09%), Cholesterol: 64.86mg (21.62%), Sodium: 627.36mg
(27.28%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.44g (40.87%), Vitamin B3: 6.68mg (33.42%),
Vitamin K: 34.31µg (32.67%), Zinc: 4.47mg (29.81%), Phosphorus: 282.39mg (28.24%), Manganese: 0.54mg (27.11%),
Vitamin B6: 0.47mg (23.75%), Vitamin B12: 1.37µg (22.76%), Vitamin B2: 0.36mg (20.99%), Magnesium: 72.39mg
(18.1%), Copper: 0.34mg (17.15%), Iron: 2.72mg (15.13%), Vitamin E: 2.26mg (15.04%), Selenium: 10.53µg (15.04%),
Potassium: 519.93mg (14.86%), Vitamin B1: 0.21mg (14.26%), Fiber: 3.55g (14.21%), Vitamin B5: 1.2mg (11.96%), Folate:
35.5µg (8.88%), Vitamin C: 5.02mg (6.08%), Vitamin D: 0.68µg (4.54%), Calcium: 42.87mg (4.29%), Vitamin A:
206.21IU (4.12%)