



Sausage Pilaf

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



319 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 2 cups fat-skimmed chicken broth
- ☐ 2 tablespoons parmesan cheese shredded
- ☐ 0.5 cup parsley minced
- ☐ 14 ounces sausages cooked
- ☐ 1.3 cups grain mix
- ☐ 1.3 cups grain mix

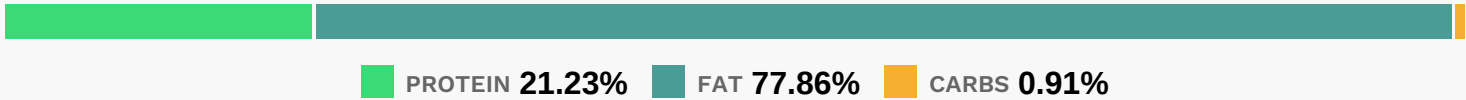
Equipment

- ☐ frying pan

Directions

- ☐ In a 10- to 12-inch frying pan over high heat, frequently turn 3 or 4 cooked sausages (about 14 oz. total) until lightly browned. Set aside.
- ☐ Add to pan 1 1/3 cups grain mix (see notes above), 2 cups fat-skimmed chicken broth, and 1/2 cup minced parsley. Bring to a boil. Cover, reduce heat, and simmer about 8 minutes, stirring occasionally. Push sausages down into grains, cover, and continue simmering until grains are tender to bite, about 5 minutes more; stir occasionally.
- ☐ Sprinkle with about 2 tablespoons shredded parmesan cheese and fresh-ground pepper to taste.

Nutrition Facts



Properties

Glycemic Index:21.75, Glycemic Load:0.09, Inflammation Score:-6, Nutrition Score:13.630434798158%

Flavonoids

Apigenin: 16.16mg, Apigenin: 16.16mg, Apigenin: 16.16mg, Apigenin: 16.16mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 1.11mg, Myricetin: 1.11mg, Myricetin: 1.11mg, Myricetin: 1.11mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 318.68kcal (15.93%), Fat: 27.22g (41.88%), Saturated Fat: 9.15g (57.17%), Carbohydrates: 0.71g (0.24%), Net Carbohydrates: 0.47g (0.17%), Sugar: 0.25g (0.28%), Cholesterol: 73.14mg (24.38%), Sodium: 1139.53mg (49.54%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.7g (33.4%), Vitamin K: 123.44µg (117.56%), Vitamin B3: 5.4mg (27.02%), Vitamin B1: 0.29mg (19.22%), Vitamin B12: 1.1µg (18.34%), Phosphorus: 168.14mg (16.81%), Vitamin B6: 0.33mg (16.43%), Zinc: 2.32mg (15.5%), Vitamin A: 725.74IU (14.51%), Vitamin C: 10.67mg (12.93%), Iron: 1.75mg (9.7%), Vitamin B2: 0.16mg (9.44%), Potassium: 323.97mg (9.26%), Vitamin D: 1.3µg (8.68%), Vitamin B5: 0.84mg (8.43%), Calcium: 53.42mg (5.34%), Magnesium: 19.88mg (4.97%), Copper: 0.1mg (4.95%), Selenium: 3.07µg (4.38%), Folate: 13.7µg (3.43%), Vitamin E: 0.25mg (1.67%), Manganese: 0.03mg (1.5%)