



Sausage-Wild Rice Casserole



Gluten Free



Dairy Free

READY IN



17 min.

SERVINGS



4

CALORIES



384 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.3 teaspoon pepper red crushed
- ☐ 2 small onions cut into 8 wedges
- ☐ 0.5 teaspoon oregano dried
- ☐ 1 cup peas green frozen thawed
- ☐ 6.2 ounce fast-cooking rice long-grain wild such as Uncle Ben's
- ☐ 0.5 pound sausage reduced-fat
- ☐ 2 cups water

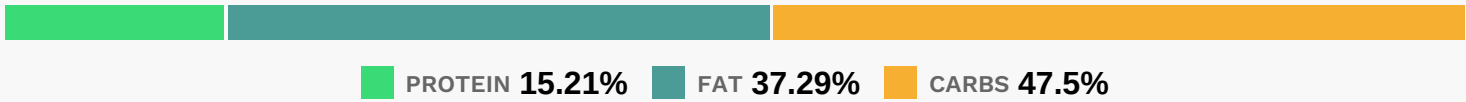
Equipment

☐ frying pan

Directions

- ☐ Heat a large nonstick skillet coated with cooking spray over medium heat.
- ☐ Add sausage, and cook 3 minutes or until browned, stirring often.
- ☐ Remove sausage from pan, and keep warm.
- ☐ Separate onion wedges into layers. Recoat pan with cooking spray.
- ☐ Add onion; and cook 3 minutes or until browned, stirring frequently. Increase heat to high, and add water to pan; bring to a boil.
- ☐ Add rice, seasoning packet, oregano, and red pepper. Return to a boil; cover, reduce heat, and simmer 4 minutes or until liquid is almost absorbed. Stir in reserved sausage and peas.

Nutrition Facts



Properties

Glycemic Index:26.08, Glycemic Load:2.12, Inflammation Score:-8, Nutrition Score:15.673913100491%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.75mg, Isorhamnetin: 1.75mg, Isorhamnetin: 1.75mg, Isorhamnetin: 1.75mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 7.11mg, Quercetin: 7.11mg, Quercetin: 7.11mg, Quercetin: 7.11mg

Nutrients (% of daily need)

Calories: 383.72kcal (19.19%), Fat: 15.66g (24.1%), Saturated Fat: 5.1g (31.88%), Carbohydrates: 44.9g (14.97%), Net Carbohydrates: 41.25g (15%), Sugar: 3.58g (3.98%), Cholesterol: 40.82mg (13.61%), Sodium: 376.24mg (16.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.38g (28.76%), Vitamin B1: 0.68mg (45.07%), Folate: 152.25µg (38.06%), Vitamin B3: 6.57mg (32.85%), Manganese: 0.64mg (32.2%), Selenium: 17.21µg (24.59%), Iron: 4.12mg (22.88%), Vitamin C: 17.49mg (21.2%), Phosphorus: 178.44mg (17.84%), Vitamin B6: 0.34mg (16.78%), Zinc: 2.39mg (15.94%), Fiber: 3.65g (14.58%), Copper: 0.21mg (10.72%), Vitamin K: 11.09µg (10.56%), Potassium: 297.62mg (8.5%), Vitamin B2: 0.14mg (8.31%), Vitamin B12: 0.48µg (8.03%), Magnesium: 31.6mg (7.9%), Vitamin A: 361.85IU (7.24%), Vitamin B5: 0.65mg (6.54%), Vitamin D: 0.74µg (4.91%), Calcium: 39.84mg (3.98%), Vitamin E: 0.27mg (1.82%)