



Sausage with Mango Salsa

 **Gluten Free**  **Dairy Free**

READY IN



50 min.

SERVINGS



3

CALORIES



301 kcal

SIDE DISH

Ingredients

- 1 tablespoon cilantro leaves fresh chopped
- 2 pinches garlic salt to taste
- 1 juice of lime juiced
- 1 mangos fresh peeled chopped
- 0.5 cup orange juice
- 0.5 peaches fresh peeled chopped
- 1 tablespoon onion red chopped
- 3 turkey sausage links italian

- 2 cups water
- 1 cup rice white

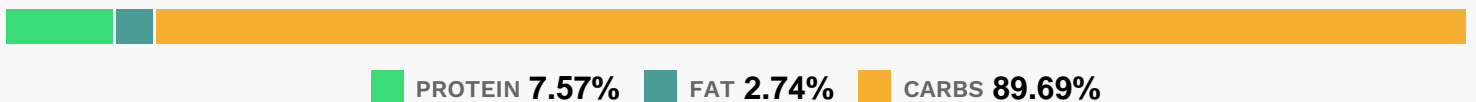
Equipment

- bowl
- frying pan
- sauce pan

Directions

- Place mango and peach in a small bowl. Squeeze juice of 1 lime over mango mixture; add onion and 1 tablespoon cilantro. Stir well.
- Bring water to a boil in a saucepan over high heat.
- Add rice, juice of 1 lime, and 1 tablespoon cilantro; stir well. Reduce heat to medium-low, cover, and simmer until the rice is tender and the liquid has been absorbed, 15 to 20 minutes. Set rice aside and keep warm.
- Spray a large nonstick skillet with cooking spray and place over medium heat. Cook and stir sausages in hot skillet until browned, 5 to 10 minutes.
- Remove sausages from pan; cut into bite-sized pieces.
- Pour orange juice in skillet used for sausage; bring to a simmer. Return chopped sausage to skillet; cover and simmer in the orange juice until juice has reduced to a syrup and sausage is cooked through, about 5 minutes.
- Add mango salsa to sausage; stir to combine, about 30 seconds.
- Sprinkle with garlic salt; serve over rice.

Nutrition Facts



Properties

Glycemic Index:88.06, Glycemic Load:37.59, Inflammation Score:-7, Nutrition Score:11.358695675821%

Flavonoids

Cyanidin: 0.55mg, Cyanidin: 0.55mg, Cyanidin: 0.55mg, Cyanidin: 0.55mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 2.42mg, Catechin: 2.42mg, Catechin: 2.42mg, Catechin: 2.42mg Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg Epicatechin: 0.58mg, Epicatechin: 0.58mg, Epicatechin: 0.58mg, Epicatechin: 0.58mg Epigallocatechin 3–gallate: 0.08mg, Epigallocatechin 3–gallate: 0.08mg, Epigallocatechin 3–gallate: 0.08mg, Epigallocatechin 3–gallate: 0.08mg Eriodictyol: 0.29mg, Eriodictyol: 0.29mg, Eriodictyol: 0.29mg, Eriodictyol: 0.29mg Hesperetin: 5.84mg, Hesperetin: 5.84mg, Hesperetin: 5.84mg, Hesperetin: 5.84mg Naringenin: 0.92mg, Naringenin: 0.92mg, Naringenin: 0.92mg, Naringenin: 0.92mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 1.07mg, Quercetin: 1.07mg, Quercetin: 1.07mg, Quercetin: 1.07mg

Nutrients (% of daily need)

Calories: 301.03kcal (15.05%), Fat: 0.92g (1.41%), Saturated Fat: 0.23g (1.41%), Carbohydrates: 67.68g (22.56%), Net Carbohydrates: 65.21g (23.71%), Sugar: 15.44g (17.16%), Cholesterol: 0.53mg (0.18%), Sodium: 283.38mg (12.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.71g (11.42%), Vitamin C: 50.39mg (61.08%), Manganese: 0.74mg (37.17%), Vitamin A: 926.25IU (18.53%), Selenium: 10.54µg (15.06%), Copper: 0.28mg (14.04%), Folate: 50.3µg (12.57%), Vitamin B6: 0.22mg (10.89%), Fiber: 2.47g (9.89%), Phosphorus: 97.38mg (9.74%), Vitamin B3: 1.87mg (9.36%), Potassium: 319.29mg (9.12%), Vitamin B5: 0.9mg (9.03%), Magnesium: 31.87mg (7.97%), Vitamin B1: 0.11mg (7.37%), Vitamin E: 0.91mg (6.09%), Zinc: 0.86mg (5.76%), Iron: 0.89mg (4.93%), Vitamin B2: 0.08mg (4.76%), Vitamin K: 4.24µg (4.04%), Calcium: 37.76mg (3.78%)