



Skillet Rice and Sausage



Gluten Free



Dairy Free

READY IN



16 min.

SERVINGS



8

CALORIES



394 kcal

SIDE DISH

Ingredients

- ☐ 14 ounce beef sausage smoked
- ☐ 14.5 ounce canned tomatoes diced canned
- ☐ 1 tablespoon parsley fresh chopped
- ☐ 17.6 ounce rice yellow ready-to-serve
- ☐ 0.3 cup water

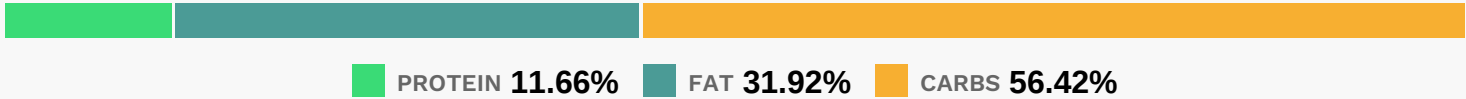
Equipment

- ☐ frying pan
- ☐ paper towels

Directions

- ☐ Heat rice according to package directions; set aside.
- ☐ Cut sausage into 1/2-inch-thick slices. Cook in a large nonstick skillet over medium-high heat 4 minutes on each side or until browned.
- ☐ Drain on paper towels. Wipe skillet clean, and return sausage to skillet.
- ☐ Stir in rice, diced tomatoes, parsley, and 1/4 cup water. Cook 3 minutes or until thoroughly heated.
- ☐ Note: For testing purposes only, we used Zatarain's New Orleans Style Ready-to-
- ☐ Serve Yellow Rice.

Nutrition Facts



Properties

Glycemic Index:16.4, Glycemic Load:31.07, Inflammation Score:-2, Nutrition Score:10.721739053726%

Flavonoids

Apigenin: 1.08mg, Apigenin: 1.08mg, Apigenin: 1.08mg, Apigenin: 1.08mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg

Nutrients (% of daily need)

Calories: 393.6kcal (19.68%), Fat: 13.74g (21.13%), Saturated Fat: 4.7g (29.38%), Carbohydrates: 54.62g (18.21%), Net Carbohydrates: 52.82g (19.21%), Sugar: 2.34g (2.6%), Cholesterol: 35.22mg (11.74%), Sodium: 492.3mg (21.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.29g (22.59%), Manganese: 0.79mg (39.59%), Selenium: 16.23µg (23.18%), Vitamin B3: 3.23mg (16.17%), Phosphorus: 141.54mg (14.15%), Vitamin B1: 0.21mg (14.11%), Vitamin B6: 0.26mg (13.21%), Copper: 0.26mg (13.15%), Vitamin B12: 0.75µg (12.49%), Zinc: 1.87mg (12.48%), Vitamin K: 10.99µg (10.46%), Vitamin B5: 1mg (9.96%), Iron: 1.69mg (9.41%), Potassium: 318.81mg (9.11%), Vitamin B2: 0.14mg (8.36%), Magnesium: 32.15mg (8.04%), Fiber: 1.8g (7.21%), Vitamin C: 5.39mg (6.54%), Vitamin E: 0.71mg (4.76%), Calcium: 39.32mg (3.93%), Vitamin D: 0.55µg (3.64%), Folate: 14.41µg (3.6%), Vitamin A: 152.59IU (3.05%)