



## Smoky Sausage and Peppers on Cheddary Brown Rice Farina

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



380 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 1 cup brown rice farina uncooked
- ☐ 2 teaspoons canola oil divided
- ☐ 0.1 teaspoon pepper red crushed
- ☐ 0.5 teaspoon thyme leaves dried
- ☐ 1.5 cups milk fat-free
- ☐ 2 medium garlic cloves minced
- ☐ 1 cup onion chopped

- ☐ 1 cup bell pepper red chopped
- ☐ 0.5 teaspoon salt
- ☐ 3 ounces sharp cheddar cheese shredded reduced-fat
- ☐ 4 ounces turkey sausage smoked cubed ( )
- ☐ 2.3 cups water divided

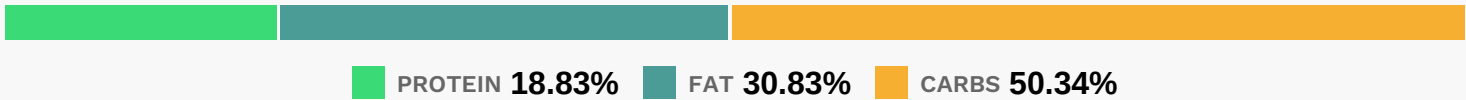
## Equipment

- ☐ frying pan
- ☐ sauce pan

## Directions

- ☐ Bring 2 cups water, milk, salt, and thyme to a boil in a large saucepan. Gradually stir in farina; reduce heat, and simmer, uncovered, 4 minutes, stirring occasionally.
- ☐ While farina cooks, heat 1 teaspoon oil in a large nonstick skillet over medium-high heat.
- ☐ Add sausage, and cook 3 minutes or until browned, stirring frequently.
- ☐ Remove from pan; set aside, and keep warm.
- ☐ Add remaining 1 teaspoon oil to pan; add onion and bell pepper. Saut 5 minutes or until onion begins to brown. Stir in garlic and crushed red pepper; saut 15 seconds.
- ☐ Remove from heat. Stir in sausage and remaining 1/4 cup water, scraping pan to loosen browned bits.
- ☐ Spoon farina evenly onto each of 4 plates.
- ☐ Sprinkle evenly with cheese. Spoon sausage mixture evenly over cheese.

## Nutrition Facts



## Properties

Glycemic Index:52, Glycemic Load:23.37, Inflammation Score:-9, Nutrition Score:22.86826112996%

## Flavonoids

Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 8.23mg, Quercetin: 8.23mg, Quercetin: 8.23mg, Quercetin: 8.23mg

Nutrients (% of daily need)

Calories: 380kcal (19%), Fat: 13.04g (20.07%), Saturated Fat: 5.13g (32.07%), Carbohydrates: 47.92g (15.97%), Net Carbohydrates: 44.74g (16.27%), Sugar: 7.99g (8.88%), Cholesterol: 45.28mg (15.09%), Sodium: 648.51mg (28.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.92g (35.84%), Manganese: 1.92mg (95.94%), Vitamin C: 51.82mg (62.82%), Phosphorus: 395.28mg (39.53%), Vitamin A: 1612.25IU (32.24%), Calcium: 313.92mg (31.39%), Vitamin B6: 0.61mg (30.45%), Magnesium: 100.63mg (25.16%), Zinc: 3.22mg (21.49%), Vitamin B1: 0.32mg (21.2%), Vitamin B2: 0.35mg (20.36%), Vitamin B3: 3.9mg (19.52%), Vitamin B12: 1.13µg (18.78%), Vitamin B5: 1.59mg (15.91%), Potassium: 516.69mg (14.76%), Fiber: 3.18g (12.71%), Selenium: 8.32µg (11.89%), Copper: 0.21mg (10.72%), Folate: 42.36µg (10.59%), Iron: 1.66mg (9.21%), Vitamin E: 1.18mg (7.85%), Vitamin D: 1.14µg (7.59%), Vitamin K: 6.16µg (5.86%)