



Spanish Rice & Sausage Skillet

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

READY IN



17 min.

SERVINGS



17

CALORIES



59 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 3 chicken bouillon cubes reduced-sodium
- 2 cups rice white instant uncooked
- 28 oz no-salt-added stewed tomatoes undrained canned
- 1 tsp pepper sauce hot
- 0.5 cup oscar mayer turkey sausage smoked sliced
- 1 cup water

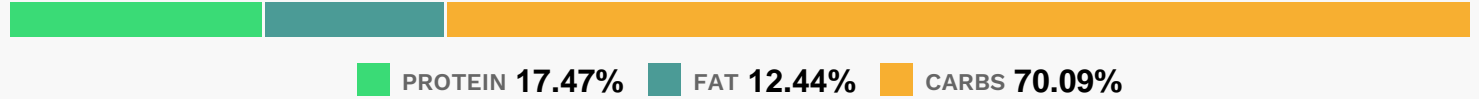
Equipment

- frying pan

Directions

- Mix tomatoes, water, sausage, bouillon and hot pepper sauce in large skillet. Bring to boil. Reduce heat to medium-low; simmer 1 to 2 min. or until bouillon is dissolved.
- Stir in rice; cover. Cook on low heat 5 min. Stir.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-2, Nutrition Score:3.593478265016%

Nutrients (% of daily need)

Calories: 59.09kcal (2.95%), Fat: 0.82g (1.26%), Saturated Fat: 0.18g (1.15%), Carbohydrates: 10.36g (3.45%), Net Carbohydrates: 9.7g (3.53%), Sugar: 1.24g (1.38%), Cholesterol: 5.31mg (1.77%), Sodium: 223.63mg (9.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.58g (5.16%), Vitamin B1: 0.12mg (8.06%), Folate: 32.15µg (8.04%), Manganese: 0.14mg (6.91%), Vitamin B3: 1.38mg (6.9%), Iron: 1.18mg (6.56%), Selenium: 4.01µg (5.73%), Vitamin C: 4.72mg (5.72%), Vitamin B6: 0.1mg (4.77%), Phosphorus: 34.33mg (3.43%), Potassium: 111.33mg (3.18%), Copper: 0.06mg (2.92%), Zinc: 0.43mg (2.84%), Vitamin B2: 0.05mg (2.83%), Fiber: 0.66g (2.64%), Vitamin E: 0.33mg (2.23%), Magnesium: 8.42mg (2.11%), Calcium: 19.78mg (1.98%), Vitamin B5: 0.17mg (1.74%), Vitamin B12: 0.09µg (1.54%), Vitamin K: 1.37µg (1.31%), Vitamin A: 60.32IU (1.21%)