



Spicy Jalapeno Chicken Sausage with Mango, Pineapple Salsa

 Gluten Free  Dairy Free

READY IN



15 min.

SERVINGS



6

CALORIES



330 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 12 ounce al fresco® spicy jalapeno chicken sausage fully cooked
- 3 cups jasmine rice cooked
- 2 tablespoons cooking sherry dry
- 1 tablespoon cilantro leaves fresh chopped
- 1 cup mangos fresh
- 1 tablespoon olive oil extra-virgin
- 1 cup pineapple fresh

- 1.5 cups salsa fresh
- 0.5 cup fresh/frozen edamame prepared (soybeans)
- 0.5 cup edamame soybeans unsalted black canned rinsed

Equipment

- frying pan

Directions

- Heat a 12 inch skillet with olive oil over high heat. Quickly saute the jalapeno sausage for 2 minutes, add the dry sherry and cook 2 more minutes. Toss in the mango and pineapple and saute for 2-3 minutes.
- Add the fresh salsa, edamame and black beans, continue to cook 2-3 minutes just to heat through.
- Mix the chopped cilantro with the rice. Spoon the sausage and mango and pineapple salsa over the rice and serve immediately.

Nutrition Facts



■ PROTEIN **18.64%**
■ FAT **33.48%**
■ CARBS **47.88%**

Properties

Glycemic Index:47.04, Glycemic Load:27.82, Inflammation Score:-6, Nutrition Score:10.590869488923%

Flavonoids

Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg 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: 0.51mg, Catechin: 0.51mg, Catechin: 0.51mg, Catechin: 0.51mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg 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: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 329.74kcal (16.49%), Fat: 12.51g (19.24%), Saturated Fat: 2.28g (14.23%), Carbohydrates: 40.25g (13.42%), Net Carbohydrates: 36.58g (13.3%), Sugar: 10.48g (11.65%), Cholesterol: 40.03mg (13.34%), Sodium: 1042.07mg

(45.31%), Alcohol: 0.51g (100%), Alcohol %: 0.23% (100%), Protein: 15.67g (31.33%), Manganese: 0.84mg (42.14%), Vitamin C: 25.45mg (30.84%), Vitamin A: 831.44IU (16.63%), Fiber: 3.67g (14.69%), Vitamin B6: 0.29mg (14.38%), Iron: 2.13mg (11.86%), Potassium: 404.93mg (11.57%), Selenium: 7.75µg (11.08%), Copper: 0.22mg (10.81%), Vitamin E: 1.47mg (9.77%), Phosphorus: 96.87mg (9.69%), Magnesium: 38.12mg (9.53%), Vitamin K: 8.46µg (8.06%), Folate: 29.58µg (7.39%), Vitamin B3: 1.43mg (7.14%), Vitamin B1: 0.09mg (6.03%), Vitamin B5: 0.58mg (5.8%), Calcium: 58mg (5.8%), Vitamin B2: 0.09mg (5.41%), Zinc: 0.75mg (4.97%)