



Spicy Yellow Rice and Smoked Sausage

 Gluten Free  Dairy Free

READY IN



30 min.

SERVINGS



6

CALORIES



436 kcal

SIDE DISH

Ingredients

- 2 garlic cloves minced
- 2 bell peppers green seeded cut in thin strips
- 2 teaspoons penzey's southwest seasoning italian
- 2 tablespoons olive oil divided
- 2 medium onions sliced
- 2 bell peppers red seeded cut in thin strips
- 8 ounce rice yellow cooked
- 16 ounce chunky salsa

14 ounce turkey sausage smoked hillshire farm®

Equipment

frying pan

Directions

Cut sausage into 1/2" slices.

Heat 1 tablespoon of oil in large non-stick skillet over medium-high heat until hot. Cook sausage 1-2 minutes per side or until lightly browned.

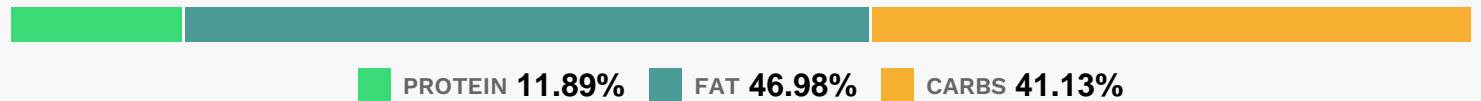
Remove from pan and keep warm.

Add remaining oil to pan with peppers, onions and garlic; cook stirring frequently until vegetables are tender about 7-10 minutes.

Stir in cooked sausage, salsa and Italian seasoning. Bring to a boil, stirring constantly.

Serve over prepared yellow rice.

Nutrition Facts



Properties

Glycemic Index:27.53, Glycemic Load:19.66, Inflammation Score:-9, Nutrition Score:19.691304269044%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 2.12mg, Luteolin: 2.12mg, Luteolin: 2.12mg, Luteolin: 2.12mg Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 8.43mg, Quercetin: 8.43mg, Quercetin: 8.43mg, Quercetin: 8.43mg

Nutrients (% of daily need)

Calories: 436.42kcal (21.82%), Fat: 22.89g (35.21%), Saturated Fat: 6.89g (43.07%), Carbohydrates: 45.07g (15.02%), Net Carbohydrates: 40.79g (14.83%), Sugar: 7.14g (7.93%), Cholesterol: 46.97mg (15.66%), Sodium: 1063.43mg (46.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.03g (26.06%), Vitamin C: 87.14mg (105.63%), Manganese: 0.71mg (35.56%), Vitamin A: 1763.77IU (35.28%), Vitamin B6: 0.58mg (28.76%), Selenium: 15.45µg (22.07%), Vitamin B3: 4.25mg (21.23%), Vitamin B1: 0.29mg (19.27%), Fiber: 4.29g (17.15%), Phosphorus: 169.84mg (16.98%), Vitamin E: 2.54mg (16.93%), Potassium: 582.64mg (16.65%), Vitamin B12: 1µg (16.65%), Zinc:

2.2mg (14.68%), Vitamin K: 15.21µg (14.49%), Vitamin B2: 0.21mg (12.62%), Copper: 0.23mg (11.32%), Iron: 1.95mg (10.85%), Magnesium: 43.17mg (10.79%), Vitamin B5: 1.05mg (10.49%), Folate: 39.48µg (9.87%), Calcium: 64.06mg (6.41%), Vitamin D: 0.73µg (4.85%)