



WHATSheATE



Uptown Red Beans and Rice



Gluten Free



Dairy Free

READY IN



35 min.

SERVINGS



5

CALORIES



354 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients



8 ounce zatarain's® beans and rice mix red



1 pound turkey sausage smoked sliced



2 tablespoons vegetable oil



3.3 cups water

Equipment

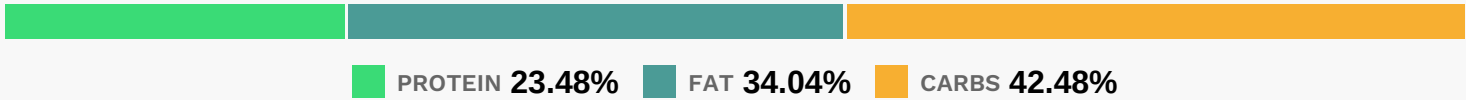


sauce pan

Directions

- ☐ Heat oil in medium saucepan on medium-high heat.
- ☐ Add sausage; brown on both sides.
- ☐ Stir in Rice
- ☐ Mix and water. Bring to boil. Reduce heat to low; cover and simmer 20 to 25 minutes or until rice is tender, stirring occasionally.
- ☐ Remove from heat. Stir in green onions.
- ☐ Let stand 5 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:12.24, Glycemic Load:21.83, Inflammation Score:-1, Nutrition Score:10.420869531839%

Nutrients (% of daily need)

Calories: 354.26kcal (17.71%), Fat: 13.07g (20.11%), Saturated Fat: 2.69g (16.83%), Carbohydrates: 36.69g (12.23%), Net Carbohydrates: 36.1g (13.13%), Sugar: 0.05g (0.06%), Cholesterol: 68.04mg (22.68%), Sodium: 547.92mg (23.82%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.28g (40.56%), Manganese: 0.51mg (25.63%), Vitamin B3: 4.9mg (24.49%), Vitamin B6: 0.47mg (23.27%), Zinc: 3.29mg (21.91%), Phosphorus: 212.73mg (21.27%), Vitamin B12: 1.18µg (19.66%), Vitamin B5: 1.39mg (13.85%), Vitamin B2: 0.23mg (13.79%), Copper: 0.2mg (10.12%), Selenium: 6.85µg (9.78%), Vitamin K: 10.05µg (9.57%), Potassium: 289.85mg (8.28%), Iron: 1.43mg (7.92%), Magnesium: 30.11mg (7.53%), Vitamin B1: 0.1mg (6.77%), Vitamin E: 0.61mg (4.09%), Calcium: 34.55mg (3.46%), Vitamin C: 2.09mg (2.53%), Fiber: 0.59g (2.36%), Folate: 8.16µg (2.04%), Vitamin A: 68.04IU (1.36%)