Chicken (Sausage Links)

Rice
High Fiber

Dinner D4-10

Low SF
Low Sodiun

Grilled Sausage, Peppers & Onions with Herb Vinaigrette

3/4 cup Instant Brown Rice

Notes:

Servings	*Prep*	*Cook*	*Total*
6	25 min	15 min	40 min

Nutritional Information

11/7/2023

	Sausage	*Rice*	*Total*
Calories	288	128	*416*
Total Fat (g)	18	1	*19*
Saturated Fat (g)	**4**	**0**	***4***
Cholesterol (mg)	**55**	**0**	***55***
Sodium (mg)	**642**	**0**	***642***
Carbs (g)	**19**	**27**	***46***
Fiber	3	2	*5*
Sugar	10	0	*10*
Protein (g)	14	3	*17*

Meal Formula by Food Groups

P	FC	SC	SC	FC	SC	F
Meat	***Starch***	***Vegetable***	***Fruit***	***Dairy***	***Legumes***	***Fat***
2	2	2				1

MM ***3 Carb Count*** ***7 HH Score***

©CookingHeartSmart.com