



Andouille and Red Beans with Rice



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



308 kcal

SIDE DISH

Ingredients

- ☐ 4 ounces andouille sausage diced
- ☐ 1.5 teaspoons cajun spice salt-free
- ☐ 14 ounce fat-skimmed beef broth fat-free canned
- ☐ 0.3 cup parsley fresh chopped
- ☐ 16 ounce kidney beans dark rinsed drained canned
- ☐ 1 cup onion
- ☐ 0.5 teaspoon hot sauce hot (such as Tabasco)
- ☐ 1 cup bell pepper red chopped

- ☐ 3.5 ounce rice long-grain
- ☐ 0.5 teaspoon salt
- ☐ 1 teaspoon thyme leaves dried

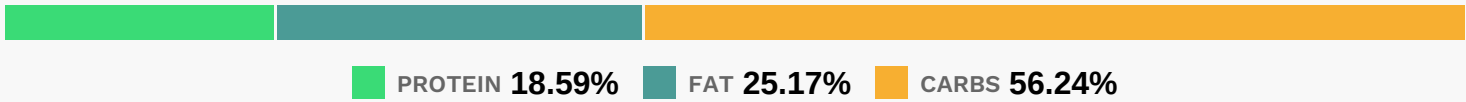
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ slotted spoon

Directions

- ☐ Cook rice according to the package directions, omitting salt and fat.
- ☐ Heat a large nonstick skillet over medium-high heat. Coat pan with cooking spray.
- ☐ Add sausage; cook 3 minutes or until lightly browned. Using a slotted spoon, transfer sausage to a bowl, and keep warm.
- ☐ Add bell pepper, onion, Cajun seasoning, thyme, and hot pepper sauce to pan; saut 3 minutes or until onions are tender.
- ☐ Add beans and broth to pan; cook 8 minutes or until thick, mashing half the beans.
- ☐ Add sausage, parsley, and salt to pan; cook 1 minute or until thoroughly heated, stirring occasionally.
- ☐ Serve over rice.

Nutrition Facts



Properties

Glycemic Index:66.05, Glycemic Load:18.93, Inflammation Score:-9, Nutrition Score:20.82608693579%

Flavonoids

Apigenin: 8.1mg, Apigenin: 8.1mg, Apigenin: 8.1mg, Apigenin: 8.1mg Luteolin: 0.5mg, Luteolin: 0.5mg, Luteolin: 0.5mg, Luteolin: 0.5mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg Myricetin: 0.57mg, Myricetin: 0.57mg, Myricetin: 0.57mg, Myricetin: 0.57mg Quercetin: 8.22mg, Quercetin: 8.22mg, Quercetin: 8.22mg, Quercetin: 8.22mg

8.22mg

Nutrients (% of daily need)

Calories: 308.21kcal (15.41%), Fat: 8.74g (13.45%), Saturated Fat: 2.69g (16.83%), Carbohydrates: 43.95g (14.65%), Net Carbohydrates: 35.69g (12.98%), Sugar: 5.96g (6.62%), Cholesterol: 24.38mg (8.13%), Sodium: 1237.77mg (53.82%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.53g (29.05%), Vitamin C: 57.72mg (69.96%), Vitamin K: 68.77µg (65.5%), Vitamin A: 1888.59IU (37.77%), Manganese: 0.73mg (36.65%), Fiber: 8.25g (33.01%), Phosphorus: 228.28mg (22.83%), Selenium: 13.33µg (19.05%), Vitamin B3: 3.79mg (18.96%), Vitamin B6: 0.38mg (18.95%), Potassium: 628.78mg (17.97%), Vitamin B1: 0.26mg (17.45%), Folate: 63.8µg (15.95%), Iron: 2.82mg (15.68%), Copper: 0.3mg (14.81%), Magnesium: 58.26mg (14.57%), Zinc: 1.93mg (12.88%), Vitamin B2: 0.22mg (12.76%), Vitamin B5: 0.93mg (9.27%), Vitamin B12: 0.48µg (7.94%), Vitamin E: 1.15mg (7.66%), Calcium: 67.3mg (6.73%), Vitamin D: 0.4µg (2.65%)