




Andouille Rice and White Beans


 **Gluten Free**  **Dairy Free**

READY IN




45 min.

SERVINGS



5

CALORIES



443 kcal

LUNCH **MAIN COURSE** **MAIN DISH** **DINNER**

Ingredients

- 6 ounces andouille sausage diced
- 15 ounce great northern beans rinsed drained canned ()
- 14.5 ounce canned tomatoes diced with basil, garlic, and oregano, undrained canned
- 1.5 teaspoons thyme dried
- 1 cup fat-skimmed beef broth fat-free
- 0.5 cup spring onion finely chopped
- 0.1 teaspoon ground pepper red
- 16 ounce cooking spoons of blended tatashe-pepper mix frozen thawed

3.5 ounce rice long-grain

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Equipment

frying pan

dutch oven

Directions

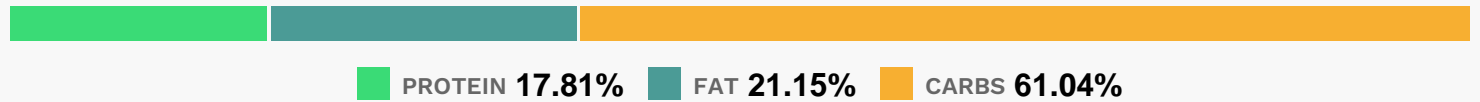
Combine the first 5 ingredients in a Dutch oven; bring to a boil. Open bag of rice; add rice to pepper mixture. Cover, reduce heat, and simmer 10 minutes or until rice is tender.

While rice mixture cooks, heat a medium nonstick skillet over medium-high heat.

Add sausage; saut 6 minutes or until browned.

Add sausage, onions, and beans to rice mixture; cook until thoroughly heated.

Nutrition Facts



Properties

Glycemic Index:53.87, Glycemic Load:24.8, Inflammation Score:-10, Nutrition Score:25.97956534054%

Flavonoids

Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Quercetin: 1.07mg, Quercetin: 1.07mg, Quercetin: 1.07mg, Quercetin: 1.07mg

Nutrients (% of daily need)

Calories: 442.76kcal (22.14%), Fat: 10.68g (16.42%), Saturated Fat: 3.31g (20.7%), Carbohydrates: 69.31g (23.1%), Net Carbohydrates: 59.05g (21.47%), Sugar: 4.35g (4.83%), Cholesterol: 29.26mg (9.75%), Sodium: 620.93mg (27%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.22g (40.44%), Vitamin A: 4929.3IU (98.59%), Manganese: 1.2mg (59.9%), Fiber: 10.26g (41.03%), Phosphorus: 301.27mg (30.13%), Folate: 117.13µg (29.28%), Vitamin K: 30.28µg (28.84%), Vitamin B1: 0.42mg (27.95%), Vitamin B3: 5.57mg (27.87%), Potassium: 938.39mg (26.81%), Selenium: 18.46µg (26.36%), Iron: 4.58mg (25.43%), Copper: 0.5mg (25.1%), Magnesium: 100.15mg (25.04%), Vitamin C: 20.17mg (24.45%), Vitamin B6: 0.45mg (22.37%), Zinc: 2.52mg (16.78%), Vitamin B2: 0.27mg (15.85%), Vitamin B5: 1.32mg (13.24%), Calcium: 124.64mg (12.46%), Vitamin E: 1.47mg (9.8%), Vitamin B12: 0.42µg (7.07%), Vitamin D: 0.48µg (3.18%)