



WHATSheATE



Authentic New Orleans Red Beans and Rice



Gluten Free



Dairy Free

READY IN



330 min.

SERVINGS



10

CALORIES



418 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 2 bay leaves
- ☐ 2 stalks celery chopped
- ☐ 3 cups rice white cooked
- ☐ 1 tablespoon creole seasoning (such as Tony Chachere's®)
- ☐ 0.5 teaspoon sage dried
- ☐ 0.5 teaspoon thyme leaves dried
- ☐ 3 cloves garlic chopped
- ☐ 1 bell pepper green chopped

- ☐ 1 pound beans dried red
- ☐ 1 ham hock smoked
- ☐ 1 pound sausage smoked cut into bite-sized pieces
- ☐ 8 cups water
- ☐ 1 onion white chopped

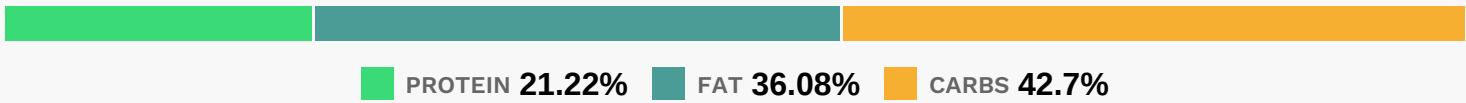
Equipment

- ☐ frying pan
- ☐ pot

Directions

- ☐ Melt shortening in a skillet over medium heat. Cook and stir onion, garlic, and bell pepper in hot shortening until tender, 5 to 7 minutes.
- ☐ Combine water, red beans, and ham hock in a large pot; bring to a boil. Stir onion mixture into the water; add smoked sausage and celery to the boiling water; return to a boil. Stir bay leaves, Creole seasoning, thyme, and sage into the boiling water. Reduce heat to low, place a cover on the pot, and simmer until the beans are tender, about 5 hours.
- ☐ Remove and discard ham hock and bay leaves; stir in hot pepper sauce and serve over white rice.

Nutrition Facts



Properties

Glycemic Index:27.7, Glycemic Load:22.51, Inflammation Score:-7, Nutrition Score:17.340869520022%

Flavonoids

Cyanidin: 0.84mg, Cyanidin: 0.84mg, Cyanidin: 0.84mg, Cyanidin: 0.84mg Pelargonidin: 2.19mg, Pelargonidin: 2.19mg, Pelargonidin: 2.19mg, Pelargonidin: 2.19mg Apigenin: 0.23mg, Apigenin: 0.23mg, Apigenin: 0.23mg, Apigenin: 0.23mg Luteolin: 0.65mg, Luteolin: 0.65mg, Luteolin: 0.65mg, Luteolin: 0.65mg Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.54mg, Quercetin: 2.54mg, Quercetin: 2.54mg, Quercetin: 2.54mg

Nutrients (% of daily need)

Calories: 417.82kcal (20.89%), Fat: 16.71g (25.71%), Saturated Fat: 5.76g (36.01%), Carbohydrates: 44.5g (14.83%), Net Carbohydrates: 36.72g (13.35%), Sugar: 1.9g (2.11%), Cholesterol: 50.74mg (16.91%), Sodium: 450.06mg (19.57%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.11g (44.23%), Folate: 188.86µg (47.21%), Manganese: 0.81mg (40.61%), Fiber: 7.78g (31.13%), Vitamin B1: 0.42mg (28.03%), Phosphorus: 263.53mg (26.35%), Potassium: 853.07mg (24.37%), Iron: 4.06mg (22.58%), Copper: 0.43mg (21.37%), Magnesium: 79.93mg (19.98%), Vitamin B6: 0.37mg (18.56%), Zinc: 2.55mg (16.97%), Vitamin C: 13.37mg (16.21%), Selenium: 11.21µg (16.01%), Vitamin B3: 2.76mg (13.79%), Vitamin B2: 0.2mg (11.62%), Vitamin B12: 0.68µg (11.42%), Vitamin B5: 0.79mg (7.89%), Vitamin K: 7.17µg (6.83%), Calcium: 65.12mg (6.51%), Vitamin A: 291.73IU (5.83%), Vitamin D: 0.5µg (3.33%), Vitamin E: 0.34mg (2.24%)