



## Baked Louisiana Dirty Rice and Beans

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

READY IN



45 min.

SERVINGS



6

CALORIES



261 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 0.5 teaspoon pepper black freshly ground
- 1 cup brown rice long-grain uncooked
- 15 ounce beans red rinsed drained canned
- 0.5 cup celery finely chopped
- 2.5 cups fat-skimmed beef broth fat-free
- 2 teaspoons thyme sprigs fresh minced
- 2 garlic clove minced
- 1 cup bell pepper green finely chopped

- 0.5 cup spring onion thinly sliced
- 0.1 teaspoon ground pepper red
- 1 tablespoon olive oil
- 0.8 cup onion red finely chopped
- 1 teaspoon salt
- 0.5 pound chicken thighs boneless skinless cut into 1/2-inch cubes

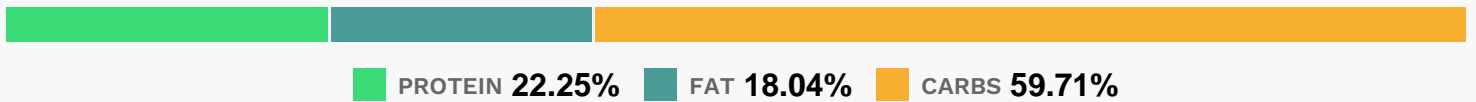
## Equipment

- frying pan
- oven
- dutch oven

## Directions

- Preheat oven to 35
- Heat oil in a large Dutch oven over medium heat.
- Add bell pepper, red onion, and celery to pan; cook 4 minutes or until vegetables are tender, stirring occasionally.
- Add chicken; cook 3 minutes or until lightly browned. Stir in rice; cook 30 seconds.
- Add broth and remaining ingredients; bring to a simmer. Cover and bake at 350 for 1 hour and 15 minutes or until liquid is absorbed and rice is tender.

## Nutrition Facts



## Properties

Glycemic Index:58.46, Glycemic Load:17.85, Inflammation Score:-8, Nutrition Score:17.304347909015%

## Flavonoids

Apigenin: 0.26mg, Apigenin: 0.26mg, Apigenin: 0.26mg, Apigenin: 0.26mg Luteolin: 1.57mg, Luteolin: 1.57mg, Luteolin: 1.57mg, Luteolin: 1.57mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 0.02mg, Myricetin:

0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 5.55mg, Quercetin: 5.55mg, Quercetin: 5.55mg, Quercetin: 5.55mg

## **Nutrients (% of daily need)**

Calories: 260.96kcal (13.05%), Fat: 5.27g (8.11%), Saturated Fat: 0.97g (6.06%), Carbohydrates: 39.27g (13.09%), Net Carbohydrates: 33.16g (12.06%), Sugar: 3.22g (3.58%), Cholesterol: 35.91mg (11.97%), Sodium: 1000.71mg (43.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.63g (29.27%), Manganese: 1.54mg (76.87%), Vitamin C: 25.25mg (30.61%), Vitamin K: 27.36µg (26.06%), Phosphorus: 258.31mg (25.83%), Vitamin B6: 0.51mg (25.32%), Fiber: 6.11g (24.46%), Vitamin B3: 4.59mg (22.95%), Magnesium: 84.94mg (21.23%), Vitamin B1: 0.28mg (18.59%), Selenium: 11.74µg (16.77%), Potassium: 518.89mg (14.83%), Copper: 0.27mg (13.72%), Iron: 2.33mg (12.92%), Vitamin B5: 1.22mg (12.19%), Zinc: 1.81mg (12.07%), Folate: 42.27µg (10.57%), Vitamin B2: 0.18mg (10.39%), Vitamin B12: 0.43µg (7.18%), Calcium: 60.21mg (6.02%), Vitamin A: 272.24IU (5.44%), Vitamin E: 0.6mg (3.98%)