



Black-Eyed Peas and Rice with Andouille Sausage

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



411 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 teaspoon bottled garlic minced
- 0.5 teaspoon cajun spice
- 15 ounce black-eyed peas rinsed drained canned
- 14.5 ounce canned tomatoes diced undrained canned
- 6 ounces chicken andouille sausage sliced (such as Amy's)
- 1 cup less-sodium chicken broth fat-free
- 0.5 cup green onions thinly sliced

- 1 teaspoon olive oil
- 0.5 cup prechopped onion
- 1 teaspoon pepper sauce hot (such as Tabasco)
- 3.5 ounce boil-in-bag rice long-grain

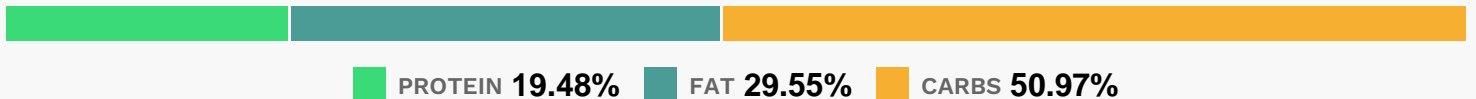
Equipment

- bowl
- frying pan
- sauce pan
- ladle
- baking pan
- microwave

Directions

- Place rice in an 8-inch square baking dish; cover with water. Microwave at HIGH 6 minutes; drain.
- Heat 1 teaspoon olive oil in a large saucepan over medium heat.
- Add 1/2 cup chopped onion, 1 teaspoon minced garlic, and Cajun seasoning to pan, and cook for 2 minutes, stirring frequently. Stir in sausage, and cook for 1 minute.
- Add the rice, chicken broth, black-eyed peas, and tomatoes to pan; bring to a boil. Reduce heat, and simmer for 4 minutes or until rice is tender. Stir in hot pepper sauce. Ladle about 1 1/4 cups mixture into each of 4 bowls, and sprinkle each serving with 2 tablespoons green onions.

Nutrition Facts



Properties

Glycemic Index:61.05, Glycemic Load:20.98, Inflammation Score:-8, Nutrition Score:23.498695611954%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 5.42mg, Quercetin: 5.42mg, Quercetin: 5.42mg, Quercetin: 5.42mg

Nutrients (% of daily need)

Calories: 410.74kcal (20.54%), Fat: 13.76g (21.18%), Saturated Fat: 4.14g (25.9%), Carbohydrates: 53.43g (17.81%), Net Carbohydrates: 43.46g (15.8%), Sugar: 9.8g (10.89%), Cholesterol: 36.57mg (12.19%), Sodium: 749.03mg (32.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.41g (40.83%), Folate: 249.48µg (62.37%), Manganese: 1.04mg (52.12%), Fiber: 9.97g (39.87%), Vitamin K: 34.08µg (32.46%), Phosphorus: 310.09mg (31.01%), Copper: 0.59mg (29.62%), Vitamin B1: 0.44mg (29.45%), Iron: 5.1mg (28.36%), Vitamin B3: 5.22mg (26.12%), Selenium: 17.44µg (24.91%), Potassium: 863.5mg (24.67%), Magnesium: 95.78mg (23.94%), Vitamin B6: 0.45mg (22.3%), Zinc: 3.08mg (20.54%), Vitamin C: 14.85mg (18%), Vitamin E: 2.28mg (15.23%), Vitamin B5: 1.4mg (13.99%), Vitamin B2: 0.23mg (13.62%), Vitamin A: 504.22IU (10.08%), Calcium: 90.02mg (9%), Vitamin B12: 0.53µg (8.84%), Vitamin D: 0.6µg (3.97%)