



Cajun Black Beans with Sausage and Corn

 Gluten Free  Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



425 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 tablespoons vegetable oil
- 2 cloves garlic finely chopped
- 1 cup bell pepper frozen (from 1-lb bag)
- 1.5 cups corn frozen
- 8 oz kielbasa smoked coarsely chopped
- 0.5 teaspoon salt
- 0.5 teaspoon thyme leaves dried
- 0.3 teaspoon pepper black red

- 1.5 cups tomatoes fresh chopped
- 15 oz black beans rinsed drained canned

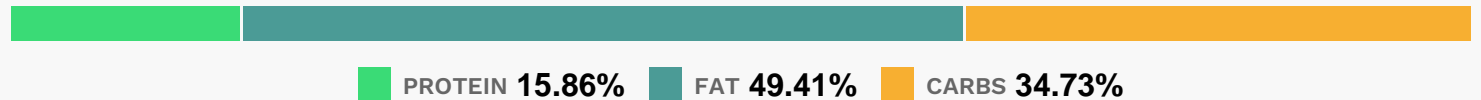
Equipment

- frying pan

Directions

- In 10-inch skillet, heat oil over medium-high heat.
- Add garlic; cook and stir 1 minute.
- Add bell pepper and onion stir-fry; cook and stir 2 to 3 minutes or until crisp-tender.
- Stir in corn, sausage, salt, thyme and pepper blend. Cook 3 to 5 minutes, stirring occasionally, until corn is tender.
- Stir in tomatoes and beans; cook 3 to 5 minutes, stirring occasionally, until hot.

Nutrition Facts



Properties

Glycemic Index:51.25, Glycemic Load:1.47, Inflammation Score:-9, Nutrition Score:21.698260970738%

Flavonoids

Naringenin: 0.38mg, Naringenin: 0.38mg, Naringenin: 0.38mg, Naringenin: 0.38mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 0.44mg, Quercetin: 0.44mg, Quercetin: 0.44mg, Quercetin: 0.44mg

Nutrients (% of daily need)

Calories: 424.87kcal (21.24%), Fat: 24.11g (37.1%), Saturated Fat: 7.09g (44.31%), Carbohydrates: 38.13g (12.71%), Net Carbohydrates: 27.51g (10%), Sugar: 3.05g (3.39%), Cholesterol: 39.69mg (13.23%), Sodium: 1203.28mg (52.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.42g (34.83%), Vitamin C: 64.1mg (77.69%), Fiber: 10.62g (42.48%), Vitamin B1: 0.54mg (36.08%), Vitamin A: 1651.16IU (33.02%), Folate: 116.43µg (29.11%), Phosphorus: 271.61mg (27.16%), Manganese: 0.52mg (26.24%), Potassium: 864.01mg (24.69%), Vitamin B6: 0.45mg (22.49%), Vitamin B3: 4.36mg (21.82%), Iron: 3.65mg (20.3%), Magnesium: 76.56mg (19.14%), Vitamin B2: 0.31mg (18.31%), Vitamin K: 18.97µg (18.07%), Selenium: 12.17µg (17.39%), Copper: 0.33mg (16.69%), Zinc: 2.31mg (15.43%), Vitamin E:

1.45mg (9.66%), Vitamin B12: 0.56µg (9.26%), Vitamin B5: 0.81mg (8.12%), Calcium: 59.14mg (5.91%)