



Cajun Black Beans with Sausage and Corn



Gluten Free



Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



412 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup bell pepper frozen (from 1-lb bag)
- ☐ 15 oz black beans rinsed drained canned
- ☐ 1.5 cups corn frozen
- ☐ 2 cloves garlic finely chopped
- ☐ 0.3 teaspoon pepper black red
- ☐ 0.5 teaspoon salt
- ☐ 8 oz sausage smoked coarsely chopped
- ☐ 0.5 teaspoon thyme leaves dried

- ☐ 1.5 cups tomatoes fresh chopped
- ☐ 2 tablespoons vegetable oil

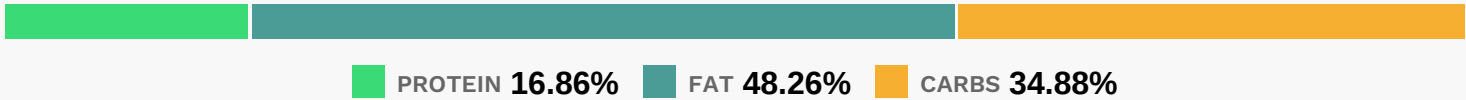
Equipment

- ☐ 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:1.21, Inflammation Score:-9, Nutrition Score:21.146956391956%

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, Myricetin: 0.1mg Quercetin: 0.44mg, Quercetin: 0.44mg, Quercetin: 0.44mg, Quercetin: 0.44mg

Nutrients (% of daily need)

Calories: 412.4kcal (20.62%), Fat: 22.87g (35.19%), Saturated Fat: 6.22g (38.88%), Carbohydrates: 37.2g (12.4%), Net Carbohydrates: 26.58g (9.67%), Sugar: 3.05g (3.39%), Cholesterol: 40.82mg (13.61%), Sodium: 1067.2mg (46.4%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.98g (35.96%), Vitamin C: 63.93mg (77.49%), Fiber: 10.62g (42.48%), Vitamin A: 1693.68IU (33.87%), Folate: 115.86µg (28.97%), Vitamin B1: 0.41mg (27.5%), Phosphorus: 271.04mg (27.1%), Vitamin B6: 0.52mg (25.78%), Vitamin B3: 5.08mg (25.39%), Manganese: 0.5mg (24.99%), Potassium: 870.24mg (24.86%), Iron: 3.47mg (19.26%), Magnesium: 76.56mg (19.14%), Vitamin K: 19.2µg (18.29%), Vitamin B2: 0.3mg (17.44%), Zinc: 2.45mg (16.33%), Copper: 0.32mg (16.01%), Vitamin E: 1.56mg (10.38%), Vitamin

B5: 0.94mg (9.37%), Vitamin B12: 0.48µg (8.03%), Calcium: 57.44mg (5.74%), Vitamin D: 0.74µg (4.91%), Selenium:
2.13µg (3.05%)