



WHATSheATE



Cajun Red Beans and Rice



Gluten Free



Dairy Free

READY IN



35 min.

SERVINGS



4

CALORIES



302 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 8 oz rice
- ☐ 2.5 cups water
- ☐ 2 slices mild sausage links to package directions and coin smoked fully cooked thin (from 1-lb package)
- ☐ 1 can kidney beans drained and rinsed (15)
- ☐ 1 large spring onion with top, sliced diagonally

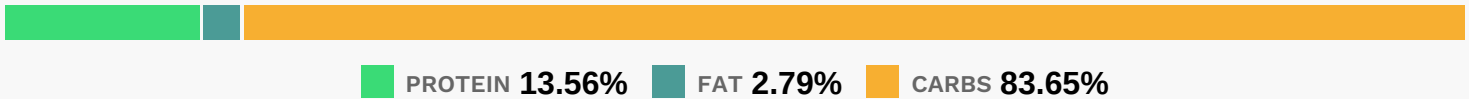
Equipment

- ☐ sauce pan

Directions

- ☐ In 2-quart saucepan, heat rice and sauce mix, water and sausage to boiling. Reduce heat to low. Cover; cook about 25 minutes, stirring occasionally, until rice is tender.
- ☐ Stir in beans; heat 1 minute.
- ☐ Let stand 5 minutes. Fluff rice.
- ☐ Garnish with onion.

Nutrition Facts



Properties

Glycemic Index:43.3, Glycemic Load:32.99, Inflammation Score:-3, Nutrition Score:10.715217421236%

Flavonoids

Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg

Nutrients (% of daily need)

Calories: 302.2kcal (15.11%), Fat: 0.93g (1.43%), Saturated Fat: 0.23g (1.44%), Carbohydrates: 62.58g (20.86%), Net Carbohydrates: 55.68g (20.25%), Sugar: 2.31g (2.57%), Cholesterol: 0.36mg (0.12%), Sodium: 304.33mg (13.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.14g (20.29%), Manganese: 0.96mg (47.82%), Fiber: 6.9g (27.61%), Phosphorus: 188.24mg (18.82%), Vitamin K: 17.64µg (16.8%), Copper: 0.32mg (16.02%), Selenium: 9.84µg (14.06%), Magnesium: 50.95mg (12.74%), Vitamin B1: 0.16mg (10.97%), Iron: 1.97mg (10.93%), Potassium: 378.14mg (10.8%), Folate: 37.99µg (9.5%), Vitamin B6: 0.19mg (9.45%), Zinc: 1.37mg (9.13%), Vitamin B3: 1.52mg (7.61%), Vitamin B5: 0.73mg (7.3%), Vitamin B2: 0.11mg (6.43%), Calcium: 57.7mg (5.77%), Vitamin C: 2.08mg (2.53%), Vitamin A: 62.69IU (1.25%)