



Cajun Red Beans and Rice



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



5

CALORIES



436 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1.5 teaspoons cajun spice salt-free
- ☐ 15 ounce beans red rinsed drained canned
- ☐ 14.5 ounce canned tomatoes diced undrained canned
- ☐ 6 ounce chicken andouille sausage links chopped
- ☐ 4 cups rice long-grain hot cooked
- ☐ 2 garlic cloves minced
- ☐ 2 tablespoons olive oil

- ☐ 8 ounce prechopped onion
- ☐ 0.5 teaspoon oregano dried
- ☐ 0.8 teaspoon salt
- ☐ 0.3 cup water

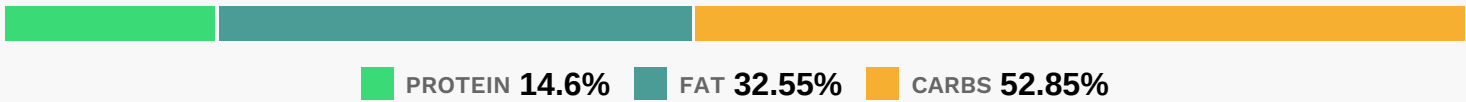
Equipment

- ☐ frying pan

Directions

- ☐ Heat oil in a large nonstick skillet over medium-high heat.
- ☐ Add sausage and onion mix to pan; saut 4 minutes.
- ☐ Add Cajun seasoning, salt, oregano, and garlic to pan; cook 1 minute, stirring constantly. Partially mash beans with a fork.
- ☐ Add beans, 1/4 cup water, and tomatoes to pan; bring to a boil. Reduce heat, and simmer 10 minutes or until thickened.
- ☐ Remove from heat; stir in pepper.
- ☐ Serve over rice.

Nutrition Facts



Properties

Glycemic Index:62.6, Glycemic Load:44.87, Inflammation Score:-9, Nutrition Score:22.16956519044%

Flavonoids

Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 435.64kcal (21.78%), Fat: 15.97g (24.58%), Saturated Fat: 4.01g (25.09%), Carbohydrates: 58.35g (19.45%), Net Carbohydrates: 50.48g (18.36%), Sugar: 7.61g (8.46%), Cholesterol: 29.26mg (9.75%), Sodium: 956.45mg (41.58%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.12g (32.24%), Vitamin C: 66.69mg

(80.83%), Manganese: 1.1mg (55.01%), Vitamin A: 1910.49IU (38.21%), Fiber: 7.87g (31.49%), Vitamin B6: 0.54mg (26.87%), Selenium: 18.22µg (26.03%), Phosphorus: 237.47mg (23.75%), Vitamin B3: 4.54mg (22.68%), Potassium: 740.78mg (21.17%), Vitamin E: 3.14mg (20.92%), Copper: 0.41mg (20.36%), Vitamin B1: 0.29mg (19.57%), Iron: 3.25mg (18.07%), Magnesium: 70.22mg (17.55%), Zinc: 2.36mg (15.76%), Folate: 58.62µg (14.65%), Vitamin K: 15.35µg (14.62%), Vitamin B2: 0.22mg (13.21%), Vitamin B5: 1.25mg (12.48%), Calcium: 79.3mg (7.93%), Vitamin B12: 0.33µg (5.56%), Vitamin D: 0.48µg (3.18%)