



Cajun-Style Beef and Beans

 **Gluten Free**  **Dairy Free**

READY IN



70 min.

SERVINGS



5

CALORIES



477 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 tablespoons cajun spice
- 15 ounce beans red drained and rinsed canned
- 14.5 ounce canned tomatoes diced canned
- 1 pound ground beef
- 1 onion chopped
- 2 cups water
- 1 cup rice white uncooked

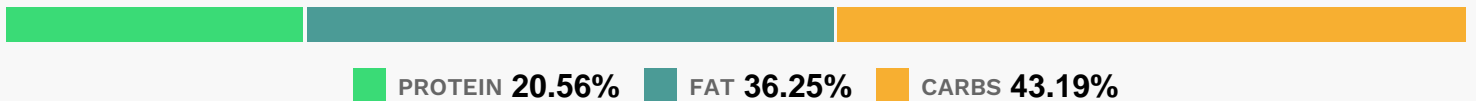
Equipment

- frying pan
- sauce pan
- oven
- casserole dish

Directions

- Bring the rice and water to a boil in a saucepan over high heat. Reduce heat to medium-low, cover, and simmer until the rice is tender, and the liquid has been absorbed, 20 to 25 minutes.
- Preheat an oven to 350 degrees F (175 degrees C).
- Heat a large skillet over medium-high heat and stir in the ground beef. Cook and stir until the beef is crumbly, evenly browned, and no longer pink.
- Drain and discard any excess grease.
- Add chopped onion to beef and cook and stir for 3 to 5 minutes. Stir in the cooked rice, beans, tomatoes, and Cajun seasoning.
- Pour into a casserole dish.
- Cover and bake in the preheated oven for 25 minutes until hot, stirring once.

Nutrition Facts



Properties

Glycemic Index:38.64, Glycemic Load:24.24, Inflammation Score:-8, Nutrition Score:21.552174013594%

Flavonoids

Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.47mg, Quercetin: 4.47mg, Quercetin: 4.47mg, Quercetin: 4.47mg

Nutrients (% of daily need)

Calories: 477.37kcal (23.87%), Fat: 19.31g (29.7%), Saturated Fat: 7.19g (44.95%), Carbohydrates: 51.75g (17.25%), Net Carbohydrates: 43.85g (15.95%), Sugar: 6.46g (7.18%), Cholesterol: 64.41mg (21.47%), Sodium: 396.39mg (17.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.64g (49.28%), Manganese: 0.88mg (44.12%), Zinc: 5.11mg (34.08%), Vitamin B12: 1.94µg (32.36%), Phosphorus: 317.52mg (31.75%), Fiber: 7.9g (31.61%), Vitamin B6:

0.63mg (31.57%), Vitamin A: 1556.31IU (31.13%), Vitamin B3: 6.16mg (30.79%), Selenium: 20.91µg (29.87%), Iron: 4.83mg (26.81%), Potassium: 845.46mg (24.16%), Copper: 0.46mg (22.79%), Magnesium: 74.76mg (18.69%), Vitamin B2: 0.29mg (17.21%), Vitamin B1: 0.24mg (15.74%), Vitamin E: 2.28mg (15.18%), Vitamin B5: 1.27mg (12.67%), Vitamin C: 9.9mg (12%), Folate: 47.66µg (11.92%), Vitamin K: 11.85µg (11.29%), Calcium: 93.62mg (9.36%)