



## Delta Red Beans and Rice

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



536 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 0.5 pound finely-chopped ham cubed cooked
- 10 servings rice hot cooked
- 0.5 teaspoon thyme dried
- 1 cup parsley fresh chopped
- 2 garlic clove pressed
- 1 bunch spring onion chopped
- 0.1 teaspoon ground pepper red
- 1 teaspoon pepper black

- 0.3 teaspoon hot sauce
- 2 tablespoons olive oil
- 0.5 teaspoon oregano dried
- 1 pound kidney beans dried red
- 1 teaspoon salt
- 1.5 pounds andouille smoked sliced
- 0.5 teaspoon sugar
- 1 large onion sweet chopped
- 6 cups water
- 1 tablespoon worcestershire sauce

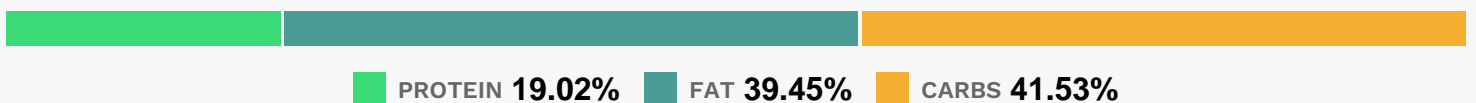
## Equipment

- frying pan
- dutch oven

## Directions

- Place beans in a large Dutch oven. Cover with water 2 inches above beans; soak 8 hours.
- Drain.
- Bring beans, 6 cups water, sausage, and ham to a boil in a Dutch oven. Cover, reduce heat, and simmer 3 hours.
- Saut onion and garlic in hot oil in a large skillet until tender.
- Add to bean mixture. Stir in green onions and next 9 ingredients. Cover and chill 8 hours.
- Bring bean mixture to a simmer; cover and cook, stirring often, 1 hour.
- Serve over rice.

## Nutrition Facts



## Properties

Glycemic Index:37.91, Glycemic Load:31.97, Inflammation Score:-8, Nutrition Score:26.769565312759%

## Flavonoids

Cyanidin: 0.84mg, Cyanidin: 0.84mg, Cyanidin: 0.84mg, Cyanidin: 0.84mg Pelargonidin: 2.19mg, Pelargonidin: 2.19mg, Pelargonidin: 2.19mg, Pelargonidin: 2.19mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Apigenin: 12.93mg, Apigenin: 12.93mg, Apigenin: 12.93mg, Apigenin: 12.93mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.5mg, Kaempferol: 0.5mg, Kaempferol: 0.5mg, Kaempferol: 0.5mg Myricetin: 1.28mg, Myricetin: 1.28mg, Myricetin: 1.28mg, Myricetin: 1.28mg Quercetin: 5.09mg, Quercetin: 5.09mg, Quercetin: 5.09mg, Quercetin: 5.09mg

## Nutrients (% of daily need)

Calories: 536.39kcal (26.82%), Fat: 23.4g (36%), Saturated Fat: 7.18g (44.89%), Carbohydrates: 55.43g (18.48%), Net Carbohydrates: 47.53g (17.28%), Sugar: 3.15g (3.5%), Cholesterol: 64.86mg (21.62%), Sodium: 1116.19mg (48.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.39g (50.79%), Vitamin K: 109.55µg (104.33%), Folate: 203.35µg (50.84%), Manganese: 1mg (49.84%), Vitamin B1: 0.61mg (40.79%), Phosphorus: 373.05mg (37.3%), Fiber: 7.9g (31.6%), Selenium: 21.08µg (30.11%), Potassium: 936.72mg (26.76%), Iron: 4.8mg (26.65%), Copper: 0.5mg (24.98%), Zinc: 3.74mg (24.96%), Vitamin B6: 0.49mg (24.36%), Magnesium: 94.02mg (23.51%), Vitamin B12: 1.35µg (22.45%), Vitamin B3: 4.44mg (22.19%), Vitamin C: 17.87mg (21.67%), Vitamin B2: 0.3mg (17.42%), Vitamin B5: 1.22mg (12.25%), Vitamin A: 546.36IU (10.93%), Calcium: 79.11mg (7.91%), Vitamin D: 0.75µg (4.99%), Vitamin E: 0.63mg (4.19%)