



## Dirty Rice



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



339 kcal

SIDE DISH

## Ingredients

- ☐ 1 pound andouille chopped
- ☐ 2.5 cups rice
- ☐ 3 bay leaves
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 5 cups chicken broth
- ☐ 1 cup chicken livers diced
- ☐ 0.5 teaspoon thyme leaves dried
- ☐ 1 cup cooking wine dry white crisp

- ☐ 3 tablespoons garlic chopped
- ☐ 2 teaspoons kosher salt divided
- ☐ 2 cups okra sliced
- ☐ 1 tablespoon vegetable oil; peanut oil preferred plus more if necessary
- ☐ 0.5 teaspoon pepper dried red crushed
- ☐ 2 cups onion yellow chopped

## Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ slotted spoon
- ☐ dutch oven

## Directions

- ☐ Combine okra and 1/2 teaspoon salt in a large bowl.
- ☐ Heat oil in a 6-quart ovenproof Dutch oven over medium-high heat.
- ☐ Add sausage, and cook 6 minutes or until lightly browned.
- ☐ Transfer sausage into bowl with okra using a slotted spoon.
- ☐ Add livers to pan, adding more oil if pan is dry, and cook 4 minutes or until firm and cooked through.
- ☐ Add livers to okra mixture, and set aside.
- ☐ Add onion and garlic to pan, adding more oil if pan is dry, and cook, stirring occasionally, 5 minutes or until soft and golden brown.
- ☐ Stir in remaining 1 1/2 teaspoons kosher salt, rice, and next 4 ingredients. Cook, stirring constantly, 2 to 3 minutes or until rice and garlic are fragrant.
- ☐ Add wine, stirring to loosen browned bits from bottom of pan. Stir in broth. Bring to a boil, remove from heat, and stir in reserved okra mixture.
- ☐ Cover and bake at 375 for 35 to 40 minutes or until liquid is absorbed and rice is tender.

## Nutrition Facts



 **PROTEIN 17.97%**  **FAT 36.15%**  **CARBS 45.88%**

## Properties

Glycemic Index:16.43, Glycemic Load:19.6, Inflammation Score:-9, Nutrition Score:19.570434684339%

## Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 8.95mg, Quercetin: 8.95mg, Quercetin: 8.95mg, Quercetin: 8.95mg

## Nutrients (% of daily need)

Calories: 339.36kcal (16.97%), Fat: 12.95g (19.92%), Saturated Fat: 3.95g (24.67%), Carbohydrates: 36.98g (12.33%), Net Carbohydrates: 35.38g (12.86%), Sugar: 2.48g (2.75%), Cholesterol: 102.48mg (34.16%), Sodium: 1079.45mg (46.93%), Alcohol: 2.06g (100%), Alcohol %: 1% (100%), Protein: 14.49g (28.97%), Vitamin B12: 3.66µg (60.98%), Vitamin A: 2349.9IU (47%), Manganese: 0.76mg (37.87%), Selenium: 25.38µg (36.26%), Folate: 134.91µg (33.73%), Vitamin B2: 0.52mg (30.43%), Vitamin B3: 5.31mg (26.54%), Vitamin B6: 0.41mg (20.52%), Vitamin B5: 2mg (19.99%), Phosphorus: 188.17mg (18.82%), Vitamin B1: 0.26mg (17.04%), Iron: 2.94mg (16.33%), Zinc: 2.14mg (14.26%), Copper: 0.26mg (13.07%), Vitamin C: 9.99mg (12.11%), Potassium: 350.84mg (10.02%), Magnesium: 35.47mg (8.87%), Fiber: 1.6g (6.41%), Vitamin K: 6.42µg (6.12%), Vitamin E: 0.83mg (5.54%), Calcium: 46.79mg (4.68%), Vitamin D: 0.53µg (3.53%)