



E-Z Red Beans & Rice

 Gluten Free

READY IN



25 min.

SERVINGS



4

CALORIES



908 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons butter
- ☐ 1 teaspoon cajun spice (I use Tony Chachere's)
- ☐ 45 ounce beans red orleans style canned (I buy the New beans)
- ☐ 1 teaspoon garlic powder
- ☐ 1 teaspoon garlic salt
- ☐ 0.3 teaspoon liquid smoke (optional depending on how smokey your sausage is)
- ☐ 0.3 teaspoon paprika
- ☐ 1 lb sausage smoked sliced

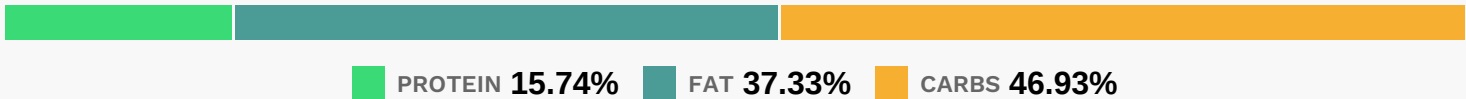
- ☐ 3 cups water
- ☐ 0.5 teaspoon pepper white
- ☐ 1.5 cups rice white

Equipment

Directions

- ☐ Rice:.2 Bring water to boil, add remaining ingredients and cook on medium low for 20 minutes.3 Beans:.4 Melt butter, lightly brown sausage.5
- ☐ Add remaining ingredients. Simmer on medium low while cooking rice.

Nutrition Facts



Properties

Glycemic Index:49.55, Glycemic Load:49.23, Inflammation Score:-7, Nutrition Score:29.536521528078%

Nutrients (% of daily need)

Calories: 908.06kcal (45.4%), Fat: 37.49g (57.68%), Saturated Fat: 14.41g (90.08%), Carbohydrates: 106.07g (35.36%), Net Carbohydrates: 87.91g (31.97%), Sugar: 6.07g (6.75%), Cholesterol: 95.56mg (31.85%), Sodium: 2418.38mg (105.15%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 35.58g (71.16%), Manganese: 1.75mg (87.72%), Fiber: 18.16g (72.63%), Phosphorus: 546.37mg (54.64%), Vitamin B1: 0.69mg (45.81%), Selenium: 29.14µg (41.62%), Copper: 0.73mg (36.45%), Zinc: 5.2mg (34.69%), Potassium: 1148.51mg (32.81%), Iron: 5.89mg (32.73%), Magnesium: 130.48mg (32.62%), Vitamin B3: 6.42mg (32.09%), Vitamin B6: 0.59mg (29.4%), Vitamin B12: 1.72µg (28.74%), Vitamin B2: 0.45mg (26.58%), Folate: 93.9µg (23.48%), Vitamin B5: 1.65mg (16.46%), Vitamin K: 14.14µg (13.47%), Calcium: 129.9mg (12.99%), Vitamin A: 482.77IU (9.66%), Vitamin D: 1.25µg (8.32%), Vitamin E: 0.49mg (3.26%), Vitamin C: 2.62mg (3.17%)