



 **17%**
HEALTH SCORE

Classic Red Beans N Rice

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

READY IN



155 min.

SERVINGS



8

CALORIES



427 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 pound kidney beans dried
- 8 cups water
- 1 pork hock
- 2 bay leaves
- 1 teaspoon onion powder
- 1 pound ground beef
- 1 large onion chopped
- 1 teaspoon salt

- 0.5 teaspoon pepper
- 1 garlic clove minced
- 1 serving rice hot cooked
- 1 serving parsley fresh chopped

Equipment

- frying pan
- dutch oven

Directions

- Sort beans and rinse with cold water.
- Place beans in a Dutch oven; add enough water to cover by 2 in. Bring to a boil; boil for 2 minutes.
- Remove from the heat; cover and let stand until beans are softened, 1-4 hours.
- Drain and rinse beans, discarding liquid. Return to Dutch oven.
- Add the 8 cups water, ham hock, bay leaves and onion powder. Bring to a boil. Reduce heat; cover and simmer for 1 hour.
- In a large cast-iron or other heavy skillet, cook the beef, onion, salt and pepper over medium heat until meat is no longer pink, breaking meat into crumbles.
- Add garlic; cook 1 minute longer.
- Drain.
- Add to bean mixture. Simmer, uncovered, 1 hour. Discard bay leaves.
- Remove ham hock; allow to cool.
- Remove meat from bone; discard bone.
- Cut meat into bite-sized pieces and return to broth.
- Heat through.
- Serve with rice and, if desired, top with chopped fresh parsley.

Nutrition Facts



■ PROTEIN 27.16% ■ FAT 35.61% ■ CARBS 37.23%

Properties

Glycemic Index:33.38, Glycemic Load:13.1, Inflammation Score:-6, Nutrition Score:19.62304338165%

Flavonoids

Cyanidin: 1.05mg, Cyanidin: 1.05mg, Cyanidin: 1.05mg, Cyanidin: 1.05mg Pelargonidin: 2.73mg, Pelargonidin: 2.73mg, Pelargonidin: 2.73mg, Pelargonidin: 2.73mg Apigenin: 1.08mg, Apigenin: 1.08mg, Apigenin: 1.08mg, Apigenin: 1.08mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 3.81mg, Quercetin: 3.81mg, Quercetin: 3.81mg, Quercetin: 3.81mg

Nutrients (% of daily need)

Calories: 427.11kcal (21.36%), Fat: 16.89g (25.98%), Saturated Fat: 6.26g (39.15%), Carbohydrates: 39.74g (13.25%), Net Carbohydrates: 30.66g (11.15%), Sugar: 2.02g (2.24%), Cholesterol: 63.42mg (21.14%), Sodium: 401.84mg (17.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.99g (57.98%), Folate: 232.22µg (58.05%), Manganese: 0.74mg (36.77%), Fiber: 9.08g (36.31%), Phosphorus: 331.36mg (33.14%), Iron: 5.37mg (29.83%), Potassium: 1041.04mg (29.74%), Zinc: 4.08mg (27.19%), Vitamin B1: 0.38mg (25.48%), Copper: 0.49mg (24.41%), Magnesium: 94.19mg (23.55%), Vitamin B6: 0.45mg (22.38%), Vitamin B12: 1.21µg (20.22%), Vitamin B3: 3.67mg (18.33%), Selenium: 11.25µg (16.07%), Vitamin B2: 0.21mg (12.56%), Vitamin K: 12.69µg (12.09%), Vitamin B5: 0.8mg (7.96%), Calcium: 77.18mg (7.72%), Vitamin C: 4.79mg (5.81%), Vitamin E: 0.37mg (2.44%)