



 **38%**
HEALTH SCORE

Friend of a Friend's Red Beans and Rice

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

READY IN



75 min.

SERVINGS



8

CALORIES



654 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 0.5 lb andouille sausage diced cooked
- 1 bay leaves
- 60 ounce kidney beans drained canned
- 0.3 teaspoon ground pepper
- 1 cup celery minced
- 4 cups rice cooked
- 0.3 cup parsley fresh minced
- 1 tablespoon garlic minced

- 1 cup bell pepper green minced cored
- 2 tablespoons cooking oil
- 2 cups onion minced
- 8 servings bell pepper
- 1 lb kielbasa diced cooked
- 8 servings salt
- 1 cup spring onion minced
- 1 tablespoon sugar
- 1 teaspoon all the tabasco sauce you handle
- 0.5 teaspoon thyme leaves dried
- 28 ounces tomatoes diced undrained

Equipment

- food processor
- frying pan
- pot
- blender
- immersion blender

Directions

- Heat oil over medium-high heat in a large saute pan, and saut garlic, onion, green pepper, and celery until onions are translucent.
- Add parsley, cayenne, bay leaf, thyme, Tabasco, sugar, salt, pepper, tomatoes, and beans. Turn the heat down to medium-low, and let the mixture simmer for a few minutes. Put 2-3 cups of the mixture into a large pot with some of the liquid and pure it using a food processor, blender, or hand blender.
- Add the remaining saute mixture to the pot, and add sausages. Simmer for 30 minutes.
- Remove the bay leaf and mix well with rice.
- Garnish with scallions.

Nutrition Facts

PROTEIN 17.56% FAT 39.41% CARBS 43.03%

Properties

Glycemic Index:71.14, Glycemic Load:38.95, Inflammation Score:-10, Nutrition Score:37.34608685452%

Flavonoids

Naringenin: 0.67mg, Naringenin: 0.67mg, Naringenin: 0.67mg, Naringenin: 0.67mg Apigenin: 4.41mg, Apigenin: 4.41mg, Apigenin: 4.41mg, Apigenin: 4.41mg Luteolin: 1.55mg, Luteolin: 1.55mg, Luteolin: 1.55mg, Luteolin: 1.55mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.6mg, Kaempferol: 0.6mg, Kaempferol: 0.6mg, Kaempferol: 0.6mg Myricetin: 0.44mg, Myricetin: 0.44mg, Myricetin: 0.44mg, Myricetin: 0.44mg Quercetin: 10.69mg, Quercetin: 10.69mg, Quercetin: 10.69mg, Quercetin: 10.69mg

Nutrients (% of daily need)

Calories: 653.92kcal (32.7%), Fat: 29.06g (44.71%), Saturated Fat: 8.95g (55.93%), Carbohydrates: 71.39g (23.8%), Net Carbohydrates: 55.4g (20.15%), Sugar: 14.16g (15.73%), Cholesterol: 64.07mg (21.36%), Sodium: 1503.02mg (65.35%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.13g (58.25%), Vitamin C: 135.33mg (164.04%), Vitamin K: 84.64µg (80.61%), Vitamin A: 3613.34IU (72.27%), Manganese: 1.35mg (67.48%), Fiber: 15.99g (63.94%), Vitamin B1: 0.72mg (47.86%), Phosphorus: 447.87mg (44.79%), Vitamin B6: 0.83mg (41.32%), Potassium: 1379.74mg (39.42%), Selenium: 24.73µg (35.32%), Folate: 133.29µg (33.32%), Vitamin B3: 6.65mg (33.27%), Magnesium: 116.87mg (29.22%), Iron: 5.09mg (28.27%), Copper: 0.56mg (27.96%), Zinc: 4.04mg (26.96%), Vitamin B2: 0.41mg (23.93%), Vitamin E: 2.87mg (19.12%), Vitamin B5: 1.49mg (14.92%), Vitamin B12: 0.83µg (13.89%), Calcium: 124.44mg (12.44%), Vitamin D: 0.4µg (2.65%)