



Ground Beef and Sausage in Red Beans and Rice



Gluten Free



Dairy Free

READY IN



60 min.

SERVINGS



16

CALORIES



511 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 30 ounce kidney beans drained canned
- ☐ 15 ounce pinto beans drained canned
- ☐ 1 teaspoon ground pepper
- ☐ 2 pounds ground beef lean
- ☐ 0.3 onion minced
- ☐ 15 ounce pork and beans canned
- ☐ 1 pound kielbasa sausage

☐ 6 cups rice white uncooked

Equipment

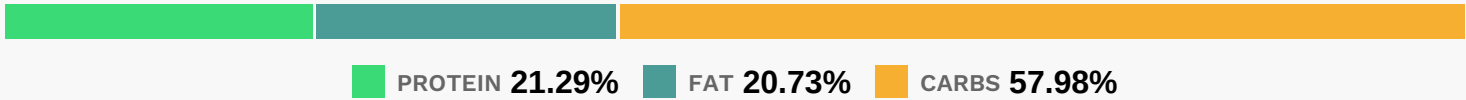
☐ frying pan

☐ pot

Directions

- ☐ Prepare the rice in a large pot according to package directions.
- ☐ Cut the kielbasa into 1-inch chunks and quarter the chunks.
- ☐ Place in a large skillet over medium-high heat for about 5 to 10 minutes, or until lightly browned. Season with cayenne pepper to taste.
- ☐ Transfer this to the pot with the rice, reserving the grease in the skillet.
- ☐ In the same skillet over medium-high heat, saute the ground beef for 5 minutes. Stir in the rice, and onion; reduce heat to medium and saute for 5 more minutes.
- ☐ Drain well and add to the pot. Stir the kidney beans, pinto beans, and pork and beans into the pot.
- ☐ Add a little water, if necessary, and simmer over low heat until ready to serve.

Nutrition Facts



Properties

Glycemic Index:17.99, Glycemic Load:38.97, Inflammation Score:-4, Nutrition Score:17.771304425986%

Flavonoids

Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg

Nutrients (% of daily need)

Calories: 511.19kcal (25.56%), Fat: 11.59g (17.83%), Saturated Fat: 4.13g (25.8%), Carbohydrates: 72.93g (24.31%), Net Carbohydrates: 66.46g (24.17%), Sugar: 1.42g (1.58%), Cholesterol: 57.43mg (19.14%), Sodium: 538.64mg (23.42%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.77g (53.55%), Manganese: 1.1mg (55.09%), Zinc: 5.13mg

(34.2%), Phosphorus: 340.68mg (34.07%), Selenium: 22.19µg (31.71%), Vitamin B3: 6.02mg (30.12%), Fiber: 6.47g (25.87%), Vitamin B6: 0.51mg (25.36%), Vitamin B12: 1.51µg (25.18%), Iron: 3.74mg (20.77%), Copper: 0.39mg (19.72%), Potassium: 644.98mg (18.43%), Magnesium: 67.9mg (16.98%), Vitamin B1: 0.24mg (15.68%), Vitamin B5: 1.39mg (13.92%), Vitamin B2: 0.21mg (12.44%), Folate: 38.89µg (9.72%), Calcium: 69.65mg (6.97%), Vitamin E: 0.49mg (3.26%), Vitamin K: 3.2µg (3.05%), Vitamin D: 0.43µg (2.83%), Vitamin C: 1.56mg (1.9%), Vitamin A: 73.31IU (1.47%)