



WHATSheATE



John's Red Beans & Rice



Gluten Free



Dairy Free

READY IN



235 min.

SERVINGS



12

CALORIES



390 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 bay leaves
- ☐ 2 tablespoons cajun spice salt-free
- ☐ 3 rib celery stalks diced
- ☐ 1 teaspoon thyme dried
- ☐ 3 garlic clove chopped
- ☐ 1 bell pepper diced green
- ☐ 1 teaspoon pepper
- ☐ 1 teaspoon kosher salt

- ☐ 96 oz chicken broth low-sodium
- ☐ 16 oz kidney beans dried red
- ☐ 1 pound andouille smoked cut into 1/4-inch-thick slices
- ☐ 0.5 lb pork hock smoked cut in half
- ☐ 0.3 cup vegetable oil
- ☐ 1 medium size onion diced yellow

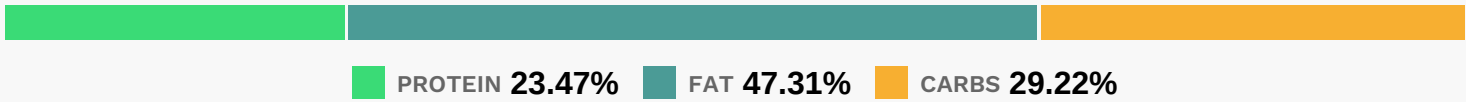
Equipment

- ☐ paper towels
- ☐ dutch oven

Directions

- ☐ Place beans in a large Dutch oven; add water 2 inches above beans. Boil 1 minute; cover, remove from heat, and let stand 1 hour.
- ☐ Drain.
- ☐ Cook sausage and ham in hot oil in Dutch oven over medium-high heat 8 to 10 minutes or until browned.
- ☐ Drain sausage and ham on paper towels, reserving 2 Tbsp. drippings.
- ☐ Add celery and next 8 ingredients to drippings; cook over low heat, stirring occasionally, 15 minutes.
- ☐ Add broth, beans, sausage, and ham to Dutch oven. Bring to a simmer. Cook, stirring occasionally, 2 hours or until beans are tender. Discard ham hock and bay leaves.

Nutrition Facts



Properties

Glycemic Index:15.25, Glycemic Load:6.79, Inflammation Score:-7, Nutrition Score:16.421304371046%

Flavonoids

Cyanidin: 0.7mg, Cyanidin: 0.7mg, Cyanidin: 0.7mg, Cyanidin: 0.7mg Pelargonidin: 1.82mg, Pelargonidin: 1.82mg, Pelargonidin: 1.82mg, Pelargonidin: 1.82mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.09mg, Quercetin: 2.09mg, Quercetin: 2.09mg, Quercetin: 2.09mg

Nutrients (% of daily need)

Calories: 390.41kcal (19.52%), Fat: 20.88g (32.13%), Saturated Fat: 6.28g (39.27%), Carbohydrates: 29.02g (9.67%), Net Carbohydrates: 22.44g (8.16%), Sugar: 1.85g (2.05%), Cholesterol: 47.44mg (15.81%), Sodium: 636.02mg (27.65%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.31g (46.63%), Folate: 154.16µg (38.54%), Phosphorus: 271.92mg (27.19%), Vitamin B3: 5.31mg (26.56%), Fiber: 6.58g (26.31%), Potassium: 913.6mg (26.1%), Manganese: 0.52mg (25.98%), Iron: 4.13mg (22.97%), Vitamin B1: 0.34mg (22.93%), Copper: 0.43mg (21.33%), Magnesium: 63.67mg (15.92%), Vitamin B6: 0.31mg (15.3%), Zinc: 2.18mg (14.5%), Vitamin B2: 0.23mg (13.82%), Vitamin K: 13.96µg (13.3%), Vitamin B12: 0.8µg (13.29%), Vitamin C: 10.66mg (12.92%), Vitamin A: 618.32IU (12.37%), Selenium: 6.4µg (9.14%), Calcium: 56.74mg (5.67%), Vitamin E: 0.84mg (5.59%), Vitamin B5: 0.52mg (5.19%), Vitamin D: 0.42µg (2.77%)