



Kicked-Up Red Bean Sand Rice



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



9

CALORIES



412 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 29 ounce tomatoes diced with garlic, basil, and oregano, un-drained canned
- ☐ 47.4 ounce beans red rinsed drained canned
- ☐ 0.8 cup celery chopped
- ☐ 1.5 tablespoons chipotle chile in adobo sauce canned chopped
- ☐ 9 cups rice hot cooked
- ☐ 4 garlic cloves minced
- ☐ 1 cup onion chopped
- ☐ 1 teaspoon oregano dried

- ☐ 1 cup poblano chile seeded chopped
- ☐ 0.3 teaspoon salt
- ☐ 8 ounce no-salt-added tomato sauce canned
- ☐ 8 ounces turkey kielbasa smoked sliced
- ☐ 2 teaspoons vegetable oil
- ☐ 1 cup water
- ☐ 1 tablespoon or fresh chopped
- ☐ 1 tablespoon or fresh chopped

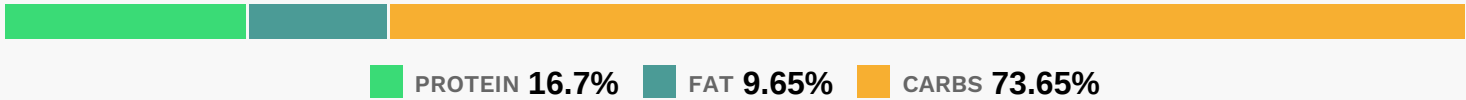
Equipment

- ☐ frying pan
- ☐ dutch oven

Directions

- ☐ Place a Dutch oven coated with cooking spray over medium-high heat until hot.
- ☐ Add kielbasa; saut 4 minutes or until lightly browned.
- ☐ Remove from pan.
- ☐ Heat oil in pan over medium-high heat.
- ☐ Add onion and next 3 ingredients. Saut 8 minutes or until tender. Stir in beans and next 6 ingredients. Bring to a boil; cover, reduce heat, and simmer 20 minutes.
- ☐ Serve red beans over hot cooked rice.

Nutrition Facts



Properties

Glycemic Index:34.44, Glycemic Load:56.24, Inflammation Score:-7, Nutrition Score:21.023478169804%

Flavonoids

Apigenin: 0.25mg, Apigenin: 0.25mg, Apigenin: 0.25mg, Apigenin: 0.25mg Luteolin: 0.89mg, Luteolin: 0.89mg, Luteolin: 0.89mg, Luteolin: 0.89mg Isorhamnetin: 0.89mg, Isorhamnetin: 0.89mg, Isorhamnetin: 0.89mg, Isorhamnetin: 0.89mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 4.49mg, Quercetin: 4.49mg, Quercetin: 4.49mg, Quercetin: 4.49mg

Nutrients (% of daily need)

Calories: 412.41kcal (20.62%), Fat: 4.46g (6.85%), Saturated Fat: 1.39g (8.66%), Carbohydrates: 76.5g (25.5%), Net Carbohydrates: 65.35g (23.76%), Sugar: 8.17g (9.08%), Cholesterol: 13.36mg (4.45%), Sodium: 1009.43mg (43.89%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.35g (34.7%), Manganese: 1.36mg (68.14%), Fiber: 11.15g (44.62%), Vitamin C: 34.42mg (41.72%), Iron: 6.01mg (33.36%), Phosphorus: 309.84mg (30.98%), Vitamin B6: 0.57mg (28.6%), Selenium: 19.65µg (28.07%), Copper: 0.48mg (23.95%), Potassium: 824.69mg (23.56%), Magnesium: 89.44mg (22.36%), Vitamin B1: 0.28mg (18.49%), Vitamin B3: 3.34mg (16.71%), Zinc: 2.51mg (16.71%), Folate: 63.78µg (15.95%), Vitamin K: 16.68µg (15.89%), Vitamin B2: 0.25mg (14.57%), Calcium: 112.14mg (11.21%), Vitamin B5: 1.06mg (10.65%), Vitamin E: 1.31mg (8.74%), Vitamin A: 355.71IU (7.11%), Vitamin B12: 0.11µg (1.81%)