



Louisiana Red Beans and Rice



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



671 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 2 andouille sausages cut into 3-inch chunks
- ☐ 3 bay leaves
- ☐ 1 teaspoon cayenne
- ☐ 2 celery stalks chopped
- ☐ 4 cups rice white cooked
- ☐ 0.3 bunch flat-leaf parsley fresh chopped
- ☐ 2 sprigs thyme leaves fresh
- ☐ 4 garlic cloves chopped

- ☐ 1 large bell pepper green chopped
- ☐ 2 green onions plus more for garnish chopped
- ☐ 6 servings pepper sauce red
- ☐ 1 pound beans dried red picked over rinsed
- ☐ 2 large ham hocks smoked
- ☐ 1 large onion yellow chopped

Equipment

- ☐ bowl
- ☐ pot
- ☐ wooden spoon

Directions

- ☐ Place the dried beans in a large bowl and cover with cold water. Soak the beans overnight in the refrigerator.
- ☐ Drain the beans and put them in a large heavy pot with the ham hocks, adding just enough cold water to cover (about 2 quarts).
- ☐ Add the onion, celery, green pepper, cayenne, parsley, thyme, bay leaves, garlic, green onions, and several shakes of red pepper sauce; give everything a good stir to combine. Simmer, uncovered, until the beans are tender and starting to thicken, about 2 1/2 hours. You want the beans to be almost overcooked, like they are getting ready to burst. Stir the beans occasionally to prevent scorching on the bottom of the pot.
- ☐ Add about 1 cup of water toward the end of cooking if the mixture appears too thick or dry.
- ☐ Mash about 1 cup of the cooked beans against the side of the pot with a wooden spoon, this makes the broth thick and creamy. Toss in the sausages and cook for another 30 minutes to heat them through. Adjust the seasoning, if needed.
- ☐ Serve the red beans in a wide bowl over some steamed white rice and garnished with chopped green onion.

Nutrition Facts



 **PROTEIN 24.22%**  **FAT 27.24%**  **CARBS 48.54%**

Properties

Glycemic Index:64.33, Glycemic Load:45.69, Inflammation Score:-9, Nutrition Score:29.132173932117%

Flavonoids

Cyanidin: 1.41mg, Cyanidin: 1.41mg, Cyanidin: 1.41mg, Cyanidin: 1.41mg Pelargonidin: 3.64mg, Pelargonidin: 3.64mg, Pelargonidin: 3.64mg, Pelargonidin: 3.64mg Apigenin: 5.17mg, Apigenin: 5.17mg, Apigenin: 5.17mg, Apigenin: 5.17mg Luteolin: 1.48mg, Luteolin: 1.48mg, Luteolin: 1.48mg, Luteolin: 1.48mg Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 0.39mg, Myricetin: 0.39mg, Myricetin: 0.39mg, Myricetin: 0.39mg Quercetin: 6.15mg, Quercetin: 6.15mg, Quercetin: 6.15mg, Quercetin: 6.15mg

Nutrients (% of daily need)

Calories: 671.4kcal (33.57%), Fat: 20.29g (31.22%), Saturated Fat: 7g (43.77%), Carbohydrates: 81.38g (27.13%), Net Carbohydrates: 68.18g (24.79%), Sugar: 3.78g (4.2%), Cholesterol: 80.69mg (26.9%), Sodium: 338.85mg (14.73%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 40.6g (81.2%), Folate: 316.03µg (79.01%), Manganese: 1.47mg (73.27%), Fiber: 13.2g (52.79%), Vitamin K: 54.28µg (51.7%), Potassium: 1476.63mg (42.19%), Phosphorus: 405.36mg (40.54%), Vitamin C: 32.69mg (39.62%), Iron: 6.94mg (38.58%), Vitamin B1: 0.57mg (38.26%), Copper: 0.66mg (33.06%), Magnesium: 129.46mg (32.36%), Vitamin B6: 0.57mg (28.65%), Zinc: 3.32mg (22.16%), Selenium: 15.34µg (21.92%), Vitamin B3: 3.63mg (18.15%), Vitamin B2: 0.24mg (14.28%), Vitamin B5: 1.25mg (12.47%), Calcium: 107.66mg (10.77%), Vitamin A: 514.56IU (10.29%), Vitamin E: 0.65mg (4.33%), Vitamin B12: 0.22µg (3.59%), Vitamin D: 0.31µg (2.05%)