



New Orleans Red Beans & Rice

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

READY IN



880 min.

SERVINGS



40

CALORIES



131 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 12 slices oscar mayer bacon cut into 1-inch-wide pieces
- 1 bay leaf
- 2 tsp cajun spice
- 3 cups chicken broth fat-free reduced-sodium
- 0.3 cup parsley fresh divided minced
- 4 cloves garlic minced
- 1 large bell pepper green chopped
- 0.3 tsp ground pepper red (cayenne)

- 1 large onion chopped
- 1 lb beans dried red
- 0.8 lb ham hock smoked
- 1 tsp thyme leaves dried
- 2 cups rice long-grain white uncooked (preferably converted)

Equipment

- bowl
- frying pan
- paper towels
- slotted spoon
- dutch oven

Directions

- Rinse and pick through beans, discarding any misshapen beans or debris.
- Place beans in large bowl.
- Add enough water to cover beans by at least 2 inches.
- Let stand overnight.
- Drain beans, discarding soaking liquid; set beans aside. Cook bacon in Dutch oven or deep large skillet until crisp.
- Remove bacon from pan with slotted spoon, reserving 2 Tbsp. drippings in pan.
- Drain bacon on paper towels. Meanwhile, add onions, peppers and garlic to reserved drippings; cook and stir 5 min. or until crisp-tender.
- Return bacon to pan with beans, ham hock, broth, 2 Tbsp. parsley, bay leaf and seasonings. Bring to boil; simmer on low heat 2 to 2-1/2 hours or until beans are tender and liquid is thickened, stirring occasionally. Meanwhile, cook rice as directed on package during the last 30 min. of the bean cooking time.
- Remove ham hock and bay leaf; discard bay leaf. Shred meat from ham hock; discard bone and any fat. Stir meat into bean mixture.
- Serve over rice; top with remaining parsley.

Nutrition Facts

PROTEIN 20.32% FAT 33.18% CARBS 46.5%

Properties

Glycemic Index:7.23, Glycemic Load:6.51, Inflammation Score:-3, Nutrition Score:4.8186956333077%

Flavonoids

Cyanidin: 0.21mg, Cyanidin: 0.21mg, Cyanidin: 0.21mg, Cyanidin: 0.21mg Pelargonidin: 0.55mg, Pelargonidin: 0.55mg, Pelargonidin: 0.55mg, Pelargonidin: 0.55mg Apigenin: 0.81mg, Apigenin: 0.81mg, Apigenin: 0.81mg, Apigenin: 0.81mg Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg Isorhamnetin: 0.19mg, Isorhamnetin: 0.19mg, Isorhamnetin: 0.19mg, Isorhamnetin: 0.19mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.86mg, Quercetin: 0.86mg, Quercetin: 0.86mg, Quercetin: 0.86mg

Nutrients (% of daily need)

Calories: 131.37kcal (6.57%), Fat: 4.82g (7.41%), Saturated Fat: 1.64g (10.26%), Carbohydrates: 15.19g (5.06%), Net Carbohydrates: 13.15g (4.78%), Sugar: 0.55g (0.61%), Cholesterol: 13.63mg (4.54%), Sodium: 137.03mg (5.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.64g (13.28%), Manganese: 0.25mg (12.36%), Folate: 47.37µg (11.84%), Fiber: 2.04g (8.17%), Phosphorus: 71.06mg (7.11%), Vitamin K: 7.22µg (6.88%), Vitamin B1: 0.1mg (6.68%), Potassium: 233.05mg (6.66%), Iron: 1.1mg (6.12%), Vitamin C: 4.72mg (5.72%), Copper: 0.11mg (5.61%), Magnesium: 20.23mg (5.06%), Selenium: 3.53µg (5.04%), Vitamin B6: 0.1mg (5.04%), Vitamin B3: 0.79mg (3.96%), Zinc: 0.52mg (3.49%), Vitamin B5: 0.25mg (2.54%), Vitamin B2: 0.04mg (2.49%), Vitamin A: 111.73IU (2.23%), Calcium: 17.43mg (1.74%), Vitamin B12: 0.07µg (1.12%)