



New Orleans-Style Red Beans and Rice with Sausage Fulcher

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



506 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 0.3 teaspoon ground pepper to taste
- 0.5 teaspoon ground cloves
- 0.5 teaspoon pepper white freshly ground to taste
- 1 tablespoon thyme dried crumbled
- 2 teaspoons salt to taste
- 0.5 teaspoon pepper black freshly ground to taste
- 0.5 teaspoon ground allspice

- 6 cups water
- 1 pound kidney beans dried red picked over
- 2 celery stalks (with leaves), chopped
- 4 bay leaves
- 0.8 teaspoon garlic powder
- 1 teaspoon all the tabasco sauce you handle
- 2 teaspoons oregano dried crumbled
- 1 large onion chopped
- 6 servings rice white
- 4 garlic clove minced to taste
- 1 pound andouille smoked halved lengthwise

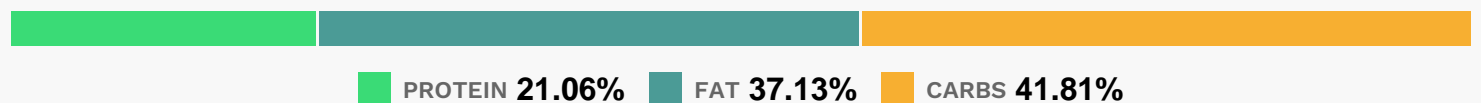
Equipment

- bowl

Directions

- In a bowl soak beans in water to cover by 2 inches overnight. In a 6-quart heavy kettle combine all ingredients except 1/2 pound sausage. Bring mixture to a boil and simmer, covered, over moderate heat 1 1/2 hours.
- Remove lid and cook mixture at a bare simmer 1 hour more, adding more water if mixture is too thick.
- Remove 1 cup bean mixture and mash to a paste. Stir bean paste and remaining 1/2 pound sausage into bean mixture and simmer 5 minutes.
- Serve bean mixture with rice.

Nutrition Facts



Properties

Glycemic Index:46.03, Glycemic Load:14.14, Inflammation Score:-9, Nutrition Score:26.076521707618%

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: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 5.11mg, Quercetin: 5.11mg, Quercetin: 5.11mg, Quercetin: 5.11mg

Nutrients (% of daily need)

Calories: 506.34kcal (25.32%), Fat: 21.07g (32.42%), Saturated Fat: 7.14g (44.62%), Carbohydrates: 53.39g (17.8%), Net Carbohydrates: 40.61g (14.77%), Sugar: 2.76g (3.06%), Cholesterol: 53.68mg (17.89%), Sodium: 1458.65mg (63.42%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.9g (53.79%), Folate: 310.23µg (77.56%), Manganese: 1.18mg (58.91%), Fiber: 12.78g (51.11%), Vitamin B1: 0.68mg (45.34%), Phosphorus: 404.79mg (40.48%), Iron: 7.12mg (39.54%), Potassium: 1246.63mg (35.62%), Copper: 0.65mg (32.43%), Magnesium: 124.07mg (31.02%), Zinc: 3.89mg (25.96%), Vitamin B6: 0.51mg (25.44%), Vitamin B3: 4.18mg (20.92%), Vitamin K: 20.93µg (19.93%), Vitamin B12: 1.14µg (19.03%), Selenium: 13.08µg (18.68%), Vitamin B2: 0.31mg (18.27%), Calcium: 113.41mg (11.34%), Vitamin B5: 0.99mg (9.91%), Vitamin C: 6.96mg (8.44%), Vitamin D: 0.83µg (5.54%), Vitamin E: 0.39mg (2.58%), Vitamin A: 85.3IU (1.71%)