



Online Round 2 - Cajun Red Bean and Rice Soup

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

READY IN



15 min.

SERVINGS



4

CALORIES



148 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 teaspoon cajun spice
- 15 ounce kidney beans red drained and rinsed canned
- 1.5 cups reserved chicken jambalaya
- 4 cups chicken broth
- 1 teaspoon hot sauce
- 4 servings kosher salt and pepper black freshly ground
- 2 scallions sliced

Equipment

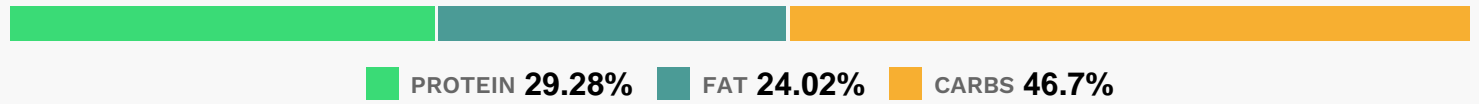
sauce pan

Directions

In a medium saucepan over medium heat, add the broth, Cajun seasoning, and hot sauce and bring to a simmer. Stir in the jambalaya and beans and cook until hot, about 5 minutes. Taste and adjust the seasoning with salt and pepper.

Serve, garnished with scallions.

Nutrition Facts



Properties

Glycemic Index:32.75, Glycemic Load:5.39, Inflammation Score:-5, Nutrition Score:9.3717391037423%

Flavonoids

Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg

Nutrients (% of daily need)

Calories: 147.63kcal (7.38%), Fat: 4.02g (6.19%), Saturated Fat: 1g (6.25%), Carbohydrates: 17.59g (5.86%), Net Carbohydrates: 11.6g (4.22%), Sugar: 3.18g (3.54%), Cholesterol: 19.95mg (6.65%), Sodium: 1185.99mg (51.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.03g (22.07%), Fiber: 5.99g (23.97%), Manganese: 0.45mg (22.61%), Vitamin K: 17.67µg (16.83%), Phosphorus: 156.05mg (15.6%), Vitamin B2: 0.25mg (14.48%), Vitamin B3: 2.51mg (12.54%), Vitamin B1: 0.18mg (11.98%), Potassium: 387.88mg (11.08%), Copper: 0.21mg (10.57%), Iron: 1.89mg (10.47%), Magnesium: 40.62mg (10.16%), Vitamin B6: 0.17mg (8.62%), Folate: 33.02µg (8.26%), Zinc: 1.14mg (7.58%), Selenium: 5.11µg (7.3%), Vitamin A: 341.43IU (6.83%), Calcium: 48.46mg (4.85%), Vitamin C: 3.06mg (3.7%), Vitamin B5: 0.36mg (3.64%), Vitamin E: 0.36mg (2.38%), Vitamin B12: 0.11µg (1.83%)