



Quick Skillet Red Beans and Rice

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

READY IN



46 min.

SERVINGS



8

CALORIES



289 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 3 rib celery chopped
- 2 cups chicken broth
- 8 servings rice long-grain hot cooked
- 2 teaspoons creole seasoning
- 3 garlic cloves minced
- 1 bell pepper green chopped
- 8 servings garnish: green onions finely chopped
- 32 oz kidney beans light drained and rinsed canned

- 1 bell pepper red chopped
- 1 onion sweet chopped
- 0.8 pound turkey sausage smoked thinly sliced

Equipment

- frying pan

Directions

- Cook sausage and next 4 ingredients in a large nonstick skillet over medium heat, stirring often, 5 minutes or until sausage browns.
- Add garlic; saut 1 minute. Stir in seasoning, beans, and chicken broth. Bring to a boil; reduce heat to low, and simmer 20 minutes.
- Serve with hot cooked rice and, if desired, hot sauce.
- Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:41.13, Glycemic Load:30.01, Inflammation Score:-8, Nutrition Score:16.701739145362%

Flavonoids

Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.8mg, Luteolin: 0.8mg, Luteolin: 0.8mg, Luteolin: 0.8mg Kaempferol: 0.57mg, Kaempferol: 0.57mg, Kaempferol: 0.57mg, Kaempferol: 0.57mg Myricetin: 0.49mg, Myricetin: 0.49mg, Myricetin: 0.49mg, Myricetin: 0.49mg Quercetin: 7.03mg, Quercetin: 7.03mg, Quercetin: 7.03mg, Quercetin: 7.03mg

Nutrients (% of daily need)

Calories: 289.31kcal (14.47%), Fat: 4.4g (6.76%), Saturated Fat: 1.02g (6.39%), Carbohydrates: 45.35g (15.12%), Net Carbohydrates: 37.76g (13.73%), Sugar: 5.66g (6.29%), Cholesterol: 33.07mg (11.02%), Sodium: 767.17mg (33.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.26g (34.52%), Vitamin C: 36.74mg (44.54%), Manganese: 0.84mg (42.19%), Fiber: 7.59g (30.34%), Phosphorus: 255.3mg (25.53%), Vitamin B6: 0.51mg (25.4%), Vitamin K: 19.55µg (18.62%), Zinc: 2.59mg (17.28%), Potassium: 583.24mg (16.66%), Vitamin B3: 3.32mg (16.59%), Vitamin A: 823.91IU (16.48%), Copper: 0.31mg (15.62%), Magnesium: 61.45mg (15.36%), Vitamin B2: 0.26mg (15.08%), Vitamin

B1: 0.22mg (14.79%), Folate: 56.36µg (14.09%), Iron: 2.48mg (13.8%), Selenium: 7.87µg (11.24%), Vitamin B5: 1.01mg (10.09%), Vitamin B12: 0.56µg (9.41%), Calcium: 69.27mg (6.93%), Vitamin E: 0.62mg (4.1%)