



Red Beans and Rice

 Gluten Free

READY IN



40 min.

SERVINGS



6

CALORIES



462 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 2 tablespoons butter
- 15 ounce kidney beans drained canned
- 14.5 ounce canned tomatoes diced undrained canned
- 0.5 bell pepper green chopped
- 1 onion chopped
- 16 ounces sausage smoked thinly sliced
- 2 cups water
- 1 cup rice long-grain white uncooked

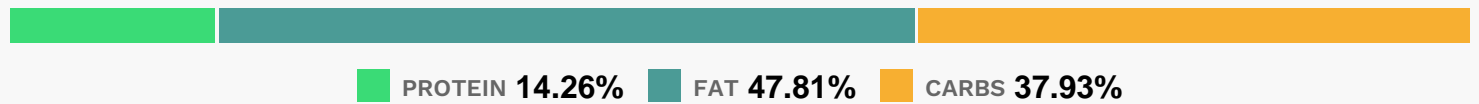
Equipment

- frying pan
- pot

Directions

- Bring the rice and water to boil in a pot. Cover, reduce heat to low, and simmer 20 minutes.
- Melt butter in a skillet over medium heat. Stir in onion and green bell pepper, and cook until tender. Stir in sausage, and cook until evenly browned.
- Mix in beans and tomatoes, and continue cooking until heated through.
- Serve skillet mixture over the rice.

Nutrition Facts



Properties

Glycemic Index:39.7, Glycemic Load:20.16, Inflammation Score:-5, Nutrition Score:15.497391306836%

Flavonoids

Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.94mg, Quercetin: 3.94mg, Quercetin: 3.94mg, Quercetin: 3.94mg

Nutrients (% of daily need)

Calories: 462.2kcal (23.11%), Fat: 24.55g (37.77%), Saturated Fat: 9.51g (59.42%), Carbohydrates: 43.83g (14.61%), Net Carbohydrates: 37.89g (13.78%), Sugar: 5.38g (5.98%), Cholesterol: 63.71mg (21.24%), Sodium: 949.47mg (41.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.47g (32.95%), Manganese: 0.73mg (36.54%), Vitamin B1: 0.36mg (23.93%), Fiber: 5.94g (23.76%), Selenium: 15.89µg (22.7%), Phosphorus: 221.82mg (22.18%), Vitamin B3: 4.19mg (20.96%), Vitamin C: 16.2mg (19.64%), Vitamin B12: 1.15µg (19.16%), Vitamin B6: 0.38mg (19.15%), Copper: 0.37mg (18.45%), Zinc: 2.61mg (17.41%), Potassium: 608.59mg (17.39%), Iron: 2.85mg (15.85%), Vitamin B2: 0.24mg (13.89%), Magnesium: 55.45mg (13.86%), Vitamin B5: 0.97mg (9.65%), Folate: 37.44µg (9.36%), Vitamin K: 7.7µg (7.33%), Vitamin E: 1.05mg (7.02%), Calcium: 66.47mg (6.65%), Vitamin A: 300.98IU (6.02%), Vitamin D: 0.83µg (5.54%)