



Red Beans and Rice

 Vegetarian  Gluten Free

READY IN



30 min.

SERVINGS



8

CALORIES



243 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 tablespoon butter
- 2 pound kidney beans red canned
- 1 stalk celery diced
- 2.5 cups chicken stock see
- 1 tablespoon cilantro leaves fresh minced
- 2 large cloves garlic with the side of a knife blade and minced crushed
- 1 bell pepper diced green seeds removed and small
- 0.3 teaspoon ground pepper black

- 1 tablespoon hot sauce
- 1 tablespoon olive oil
- 1 teaspoon onion powder
- 1 large onion diced red
- 1 teaspoon salt
- 1 cup rice white

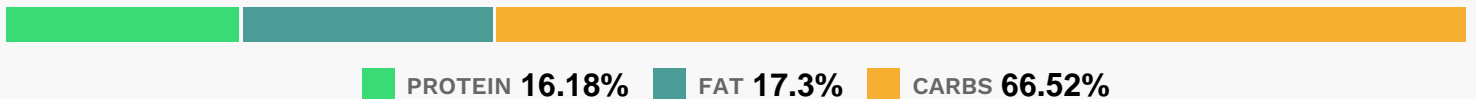
Equipment

- sauce pan

Directions

- Heat olive oil over medium-high heat in a large saucepan.
- Saute garlic, onion, celery, and bell pepper until tender. Stir in kidney beans, onion powder, salt, pepper, and hot sauce. Reduce heat to low and let mixture simmer slowly while you cook the rice.
- Bring the chicken stock to a boil and stir in rice and butter. Return to a boil, reduce heat to low, cover and cook for 20 minutes without removing the lid.
- Remove from heat and let stand for 5 minutes.
- Fold rice and beans gently together and transfer to a serving dish.
- Serve garnished with cilantro.

Nutrition Facts



Properties

Glycemic Index:40.77, Glycemic Load:17.18, Inflammation Score:-4, Nutrition Score:10.557391355381%

Flavonoids

Apigenin: 0.15mg, Apigenin: 0.15mg, Apigenin: 0.15mg, Apigenin: 0.15mg Luteolin: 0.76mg, Luteolin: 0.76mg, Luteolin: 0.76mg, Luteolin: 0.76mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.18mg, Quercetin: 3.18mg,

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Nutrients (% of daily need)

Calories: 242.77kcal (12.14%), Fat: 4.69g (7.22%), Saturated Fat: 1.53g (9.53%), Carbohydrates: 40.59g (13.53%), Net Carbohydrates: 33.64g (12.23%), Sugar: 4.36g (4.85%), Cholesterol: 6.01mg (2%), Sodium: 748.97mg (32.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.88g (19.75%), Manganese: 0.65mg (32.41%), Fiber: 6.95g (27.81%), Vitamin C: 15.71mg (19.04%), Phosphorus: 177.88mg (17.79%), Copper: 0.28mg (14.02%), Potassium: 468.68mg (13.39%), Vitamin B1: 0.18mg (12.13%), Vitamin B6: 0.24mg (12.09%), Magnesium: 46.93mg (11.73%), Vitamin B3: 2.23mg (11.15%), Iron: 1.9mg (10.55%), Folate: 41.36µg (10.34%), Vitamin B2: 0.16mg (9.7%), Selenium: 6.64µg (9.49%), Vitamin K: 8.94µg (8.51%), Zinc: 1.13mg (7.56%), Calcium: 51.64mg (5.16%), Vitamin B5: 0.44mg (4.37%), Vitamin E: 0.44mg (2.93%), Vitamin A: 130.16IU (2.6%)