



Red Beans and Rice



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



30 min.

SERVINGS



4

CALORIES



523 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 tablespoons cajun spice
- ☐ 32 ounce kidney beans red drained and rinsed canned
- ☐ 10 ounce canned tomatoes diced green undrained canned
- ☐ 4 garlic cloves minced
- ☐ 2.5 cups bell pepper green chopped (2 medium)
- ☐ 1 tablespoon olive oil
- ☐ 2 cups onion chopped (1 large)
- ☐ 0.3 teaspoon pepper

- ☐ 1.3 cups rice long-grain uncooked
- ☐ 0.5 teaspoon salt
- ☐ 1 cup water

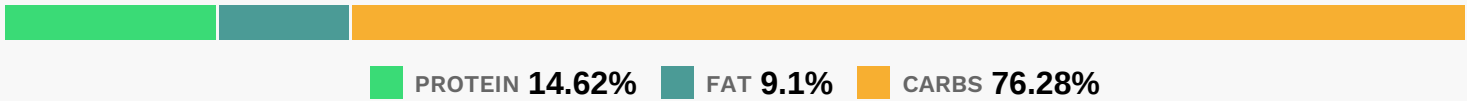
Equipment

- ☐ dutch oven

Directions

- ☐ Prepare rice according to package directions, omitting salt and fat. Set aside and keep warm.
- ☐ Cook onion, bell pepper, and garlic in hot olive oil in a Dutch oven 5 minutes or until tender.
- ☐ Add Cajun seasoning, salt, and pepper. Cook 3 minutes, stirring constantly. Stir in tomatoes, beans, and water.
- ☐ Cover, reduce heat, and simmer 10 minutes. Uncover and cook an additional 5 minutes. Spoon over rice.

Nutrition Facts



Properties

Glycemic Index:66.3, Glycemic Load:44.63, Inflammation Score:-9, Nutrition Score:29.854782394741%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 4.41mg, Luteolin: 4.41mg, Luteolin: 4.41mg, Luteolin: 4.41mg Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg Kaempferol: 0.58mg, Kaempferol: 0.58mg, Kaempferol: 0.58mg, Kaempferol: 0.58mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 18.35mg, Quercetin: 18.35mg, Quercetin: 18.35mg, Quercetin: 18.35mg

Nutrients (% of daily need)

Calories: 522.75kcal (26.14%), Fat: 5.4g (8.32%), Saturated Fat: 0.92g (5.73%), Carbohydrates: 101.91g (33.97%), Net Carbohydrates: 84.1g (30.58%), Sugar: 13.23g (14.7%), Cholesterol: 0mg (0%), Sodium: 978.67mg (42.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.53g (39.06%), Vitamin C: 90.08mg (109.19%), Manganese: 1.77mg (88.6%), Fiber: 17.82g (71.27%), Phosphorus: 386.11mg (38.61%), Vitamin B6: 0.77mg (38.43%), Copper: 0.72mg (36.21%), Potassium: 1201.7mg (34.33%), Magnesium: 119.62mg (29.91%), Vitamin B1: 0.44mg (29.23%), Iron: 5.19mg (28.83%), Vitamin A: 1361.44IU (27.23%), Folate: 98.6µg (24.65%), Vitamin K: 24.1µg (22.95%), Selenium: 13.17µg

(18.82%), Vitamin B3: 3.71mg (18.56%), Zinc: 2.65mg (17.64%), Vitamin B2: 0.29mg (17.16%), Vitamin E: 2.38mg (15.84%), Calcium: 146.83mg (14.68%), Vitamin B5: 1.37mg (13.71%)