



## Red Beans and Rice

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



556 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

## Ingredients

- 2 tablespoons olive oil
- 1 teaspoon cajun spice
- 1 pound andouille smoked hot fully cooked sliced into 1/2-inch-thick rounds (such as links or Kielbasa)
- 43.5 ounce kidney beans canned
- 3 cups rice cooked
- 4 garlic clove chopped
- 1 onion chopped
- 1 cup chicken broth canned

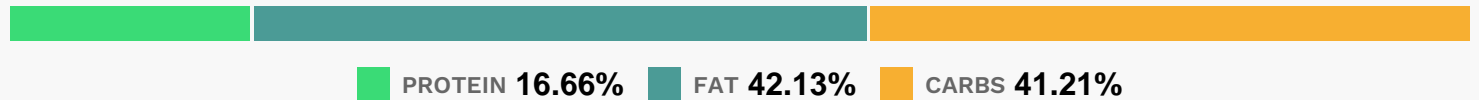
# Equipment

- bowl
- dutch oven

# Directions

- Heat olive oil in heavy large Dutch oven over medium heat.
- Add sausage, onion and garlic and sauté until onion is brown, about 15 minutes.
- Mix in kidney beans with their juices, broth and Creole seasoning. Reduce heat to medium-low; cover and simmer until flavors are blended and mixture is very thick, stirring occasionally, about 45 minutes.
- Divide cooked rice among large shallow soup bowls. Spoon bean mixture over rice and serve.

# Nutrition Facts



# Properties

Glycemic Index:38.83, Glycemic Load:34.67, Inflammation Score:-5, Nutrition Score:19.270434835683%

# Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 3.76mg, Quercetin: 3.76mg, Quercetin: 3.76mg, Quercetin: 3.76mg

# Nutrients (% of daily need)

Calories: 555.53kcal (27.78%), Fat: 26.01g (40.02%), Saturated Fat: 7.9g (49.39%), Carbohydrates: 57.26g (19.09%), Net Carbohydrates: 45.58g (16.57%), Sugar: 4.72g (5.25%), Cholesterol: 53.68mg (17.89%), Sodium: 1181.23mg (51.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.14g (46.28%), Manganese: 1.06mg (53.07%), Fiber: 11.68g (46.72%), Phosphorus: 353.95mg (35.4%), Vitamin B1: 0.44mg (29.58%), Selenium: 18.49µg (26.41%), Zinc: 3.36mg (22.43%), Potassium: 781.18mg (22.32%), Vitamin B3: 4.38mg (21.89%), Copper: 0.44mg (21.88%), Vitamin B6: 0.42mg (21.21%), Magnesium: 83.53mg (20.88%), Iron: 3.73mg (20.75%), Vitamin B12: 1.18µg (19.68%), Vitamin B2: 0.3mg (17.62%), Folate: 62.54µg (15.63%), Vitamin K: 11.61µg (11.06%), Vitamin B5: 0.95mg (9.51%), Calcium: 83.02mg (8.3%), Vitamin E: 0.85mg (5.65%), Vitamin D: 0.83µg (5.54%), Vitamin C: 3.63mg

(4.4%), Vitamin A: 164.73IU (3.29%)