

Red Beans and Rice



Gluten Free



Dairy Free

READY IN



690 min.

SERVINGS



8

CALORIES



402 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 bay leaf
- ☐ 1 teaspoon celery seed
- ☐ 0.5 teaspoon garlic dried minced
- ☐ 1 tablespoon onion dried minced
- ☐ 0.3 teaspoon ground pepper
- ☐ 1 teaspoon ground cumin
- ☐ 1 ham hock
- ☐ 2 cups beans dried red

- ☐ 0.3 teaspoon pepper flakes red crushed
- ☐ 2 teaspoons salt
- ☐ 1 pound sausage smoked sliced
- ☐ 1 teaspoon sugar white

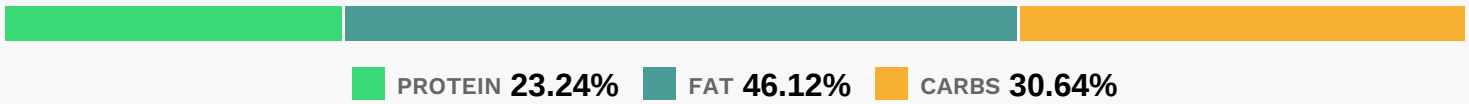
Equipment

- ☐ pot
- ☐ slow cooker

Directions

- ☐ Pick over the dried beans, and soak them in water overnight.
- ☐ The next day, drain off the soaking water, and place the beans in a large pot or slow cooker. Cover with water, and stir in the dried garlic and onion, salt, bay leaf, sugar, cayenne pepper, celery seed, cumin, and crushed red pepper flakes. Push the ham hock down into the beans. Bring to a boil, reduce the heat, and simmer over low heat for 3 to 4 hours.
- ☐ Stir in the smoked sausage, simmer for 20 more minutes, and serve.

Nutrition Facts



Properties

Glycemic Index:18.64, Glycemic Load:8.21, Inflammation Score:-5, Nutrition Score:15.253912904988%

Flavonoids

Cyanidin: 0.86mg, Cyanidin: 0.86mg, Cyanidin: 0.86mg, Cyanidin: 0.86mg Pelargonidin: 2.22mg, Pelargonidin: 2.22mg, Pelargonidin: 2.22mg, Pelargonidin: 2.22mg Apigenin: 0.2mg, Apigenin: 0.2mg, Apigenin: 0.2mg, Apigenin: 0.2mg Luteolin: 1.91mg, Luteolin: 1.91mg, Luteolin: 1.91mg, Luteolin: 1.91mg

Nutrients (% of daily need)

Calories: 402.44kcal (20.12%), Fat: 20.58g (31.66%), Saturated Fat: 7.11g (44.45%), Carbohydrates: 30.76g (10.25%), Net Carbohydrates: 23.6g (8.58%), Sugar: 1.72g (1.91%), Cholesterol: 63.42mg (21.14%), Sodium: 1122.94mg (48.82%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.33g (46.66%), Folate: 184.79µg (46.2%), Vitamin B1: 0.43mg (28.92%), Manganese: 0.57mg (28.73%), Fiber: 7.16g (28.66%), Phosphorus: 253.1mg (25.31%), Iron: 4.31mg (23.96%), Potassium: 833.31mg (23.81%), Magnesium: 73.24mg (18.31%), Copper: 0.37mg (18.31%), Zinc: 2.53mg

(16.88%), Vitamin B6: 0.3mg (14.92%), Vitamin B12: 0.86µg (14.27%), Vitamin B3: 2.84mg (14.2%), Selenium: 9.04µg (12.92%), Vitamin B2: 0.2mg (11.71%), Vitamin B5: 0.62mg (6.19%), Calcium: 55.67mg (5.57%), Vitamin D: 0.62µg (4.16%), Vitamin C: 2.66mg (3.22%), Vitamin K: 2.73µg (2.6%), Vitamin E: 0.15mg (1.02%)