



WHAT'SheATE



Red Beans and Rice



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



645 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 bay leaf
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 0.8 cup celery chopped
- ☐ 3 cups rice long-grain hot cooked
- ☐ 1 teaspoon thyme leaves dried
- ☐ 5 garlic cloves minced
- ☐ 1 cup bell pepper green chopped
- ☐ 0.3 cup green onions chopped

- ☐ 0.8 teaspoon ground pepper red
- ☐ 1 cup onion chopped
- ☐ 1 teaspoon paprika
- ☐ 1 cup kidney beans dried red
- ☐ 0.5 teaspoon salt
- ☐ 14 ounce turkey smoked thinly sliced (such as Healthy Choice)
- ☐ 3 cups water

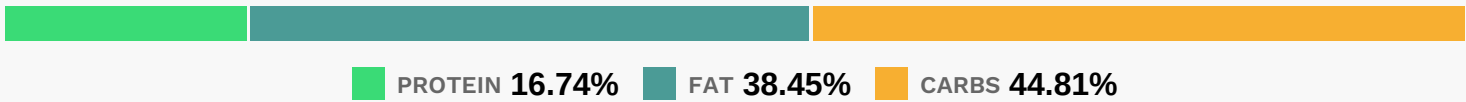
Equipment

- ☐ slow cooker

Directions

- ☐ Combine first 12 ingredients in an electric slow cooker. Cover with lid; cook on high heat for 5 hours. Discard bay leaf; stir in salt.
- ☐ Serve over rice; sprinkle servings evenly with green onions.

Nutrition Facts



Properties

Glycemic Index:89, Glycemic Load:45.26, Inflammation Score:-9, Nutrition Score:28.089565256368%

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: 0.54mg, Apigenin: 0.54mg, Apigenin: 0.54mg, Apigenin: 0.54mg Luteolin: 1.96mg, Luteolin: 1.96mg, Luteolin: 1.96mg, Luteolin: 1.96mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 9.75mg, Quercetin: 9.75mg, Quercetin: 9.75mg, Quercetin: 9.75mg

Nutrients (% of daily need)

Calories: 645.42kcal (32.27%), Fat: 27.5g (42.3%), Saturated Fat: 9.38g (58.64%), Carbohydrates: 72.09g (24.03%), Net Carbohydrates: 62.32g (22.66%), Sugar: 4.15g (4.61%), Cholesterol: 70.45mg (23.48%), Sodium: 1167.83mg (50.78%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.94g (53.88%), Manganese: 1.37mg (68.31%), Folate:

212.43µg (53.11%), Vitamin C: 38.34mg (46.47%), Vitamin B1: 0.62mg (41.36%), Fiber: 9.76g (39.05%), Phosphorus: 379.12mg (37.91%), Selenium: 24.29µg (34.7%), Vitamin B6: 0.68mg (33.99%), Potassium: 1083.76mg (30.96%), Iron: 5.19mg (28.85%), Copper: 0.57mg (28.26%), Zinc: 4.24mg (28.24%), Vitamin K: 29.44µg (28.04%), Magnesium: 105.85mg (26.46%), Vitamin B3: 5.09mg (25.45%), Vitamin B12: 1.5µg (24.97%), Vitamin B2: 0.34mg (19.72%), Vitamin B5: 1.43mg (14.33%), Vitamin A: 701.03IU (14.02%), Calcium: 102.01mg (10.2%), Vitamin D: 1.09µg (7.28%), Vitamin E: 0.66mg (4.38%)