



Red Beans and Rice for Two



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



2

CALORIES



476 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 teaspoon vegetable oil
- ☐ 0.3 cup onion chopped
- ☐ 0.5 cup bell pepper green chopped
- ☐ 1 garlic clove finely chopped
- ☐ 2 cups kidney beans red rinsed drained (from 19-oz can)
- ☐ 0.5 package okra frozen thawed drained (10-ounce size)
- ☐ 1 teaspoon thyme sprigs dried fresh chopped
- ☐ 0.5 teaspoon hot sauce red

- ☐ 0.3 teaspoon salt
- ☐ 2 cups rice hot cooked
- ☐ 0.5 cup tomatoes seeded chopped

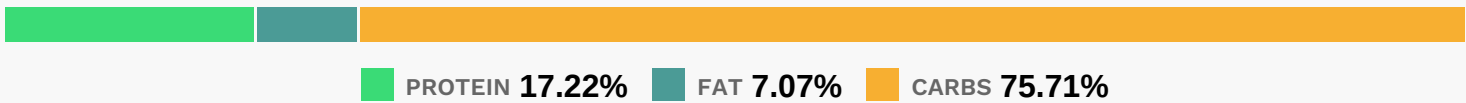
Equipment

- ☐ frying pan

Directions

- ☐ Heat oil in 10-inch skillet over medium-high heat. Cook onion, bell pepper and garlic in oil about 2 minutes, stirring occasionally, until vegetables are crisp-tender.
- ☐ Stir in remaining ingredients except rice and tomato. Cook, stirring occasionally, until mixture is hot.
- ☐ Serve with rice. Top with tomato.

Nutrition Facts



Properties

Glycemic Index:161.14, Glycemic Load:57.45, Inflammation Score:-9, Nutrition Score:25.278695541879%

Flavonoids

Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 2.21mg, Luteolin: 2.21mg, Luteolin: 2.21mg, Luteolin: 2.21mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg Myricetin: 0.66mg, Myricetin: 0.66mg, Myricetin: 0.66mg, Myricetin: 0.66mg Quercetin: 17.25mg, Quercetin: 17.25mg, Quercetin: 17.25mg, Quercetin: 17.25mg

Nutrients (% of daily need)

Calories: 475.67kcal (23.78%), Fat: 3.76g (5.79%), Saturated Fat: 0.64g (4%), Carbohydrates: 90.69g (30.23%), Net Carbohydrates: 75.35g (27.4%), Sugar: 3.4g (3.78%), Cholesterol: 0mg (0%), Sodium: 326.38mg (14.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.63g (41.25%), Manganese: 1.75mg (87.46%), Folate: 248.66µg (62.16%), Fiber: 15.33g (61.33%), Vitamin C: 41.53mg (50.34%), Phosphorus: 345.09mg (34.51%), Iron: 6mg (33.32%), Copper: 0.6mg (30.13%), Magnesium: 110.61mg (27.65%), Potassium: 965.63mg (27.59%), Vitamin B6: 0.52mg (26.04%), Vitamin B1: 0.36mg (24.22%), Vitamin K: 24.91µg (23.73%), Selenium: 14.29µg (20.41%), Zinc: 2.85mg (19.02%), Vitamin B5: 1.12mg (11.15%), Vitamin B3: 2.11mg (10.56%), Vitamin A: 499.57IU (9.99%), Vitamin B2: 0.15mg

(9.03%), Calcium: 84.64mg (8.46%), Vitamin E: 0.65mg (4.31%)