



Red Beans-and-Rice Skillet



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



617 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 15.5 ounce kidney beans drained canned
- ☐ 0.5 cup celery chopped
- ☐ 13.8 ounce chicken broth canned
- ☐ 0.3 teaspoon thyme leaves dried
- ☐ 0.5 cup bell pepper green chopped
- ☐ 0.1 teaspoon ground pepper red
- ☐ 0.5 cup onion chopped
- ☐ 2 cups quick-cooking rice uncooked

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0.5 pound sausage smoked sliced

Equipment

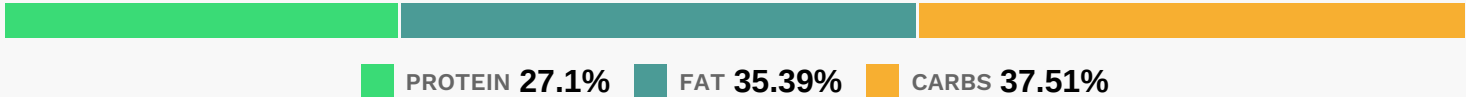
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frying pan

Directions

- ☐ Cook first 4 ingredients in a nonstick skillet over medium heat, stirring often, until sausage browns.
- ☐ Add broth and next 3 ingredients. Bring to a boil. Stir in rice. Cover, remove from heat, and let stand 5 minutes.

Nutrition Facts



Properties

Glycemic Index:38.25, Glycemic Load:5.97, Inflammation Score:-7, Nutrition Score:24.052608448526%

Flavonoids

Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg Luteolin: 1.01mg, Luteolin: 1.01mg, Luteolin: 1.01mg, Luteolin: 1.01mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.52mg, Quercetin: 4.52mg, Quercetin: 4.52mg, Quercetin: 4.52mg

Nutrients (% of daily need)

Calories: 617.2kcal (30.86%), Fat: 23.84g (36.68%), Saturated Fat: 7.59g (47.42%), Carbohydrates: 56.87g (18.96%), Net Carbohydrates: 49.33g (17.94%), Sugar: 3.53g (3.92%), Cholesterol: 88.98mg (29.66%), Sodium: 1247.56mg (54.24%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 41.08g (82.15%), Selenium: 42.72µg (61.03%), Vitamin B1: 0.69mg (45.67%), Manganese: 0.83mg (41.59%), Folate: 161.47µg (40.37%), Vitamin B3: 7.88mg (39.42%), Phosphorus: 389.82mg (38.98%), Iron: 6.13mg (34.05%), Zinc: 5.01mg (33.39%), Vitamin B12: 1.83µg (30.51%), Fiber: 7.54g (30.15%), Vitamin B6: 0.5mg (24.94%), Vitamin C: 17.8mg (21.58%), Potassium: 649.88mg (18.57%), Vitamin B2: 0.3mg (17.54%), Magnesium: 69.78mg (17.44%), Copper: 0.35mg (17.28%), Vitamin K: 13.07µg (12.45%), Calcium: 71.72mg (7.17%), Vitamin A: 326.87IU (6.54%), Vitamin B5: 0.65mg (6.52%), Vitamin D: 0.72µg (4.81%), Vitamin E: 0.48mg (3.21%)