



Red Beans and Rice with Andouille Sausage



Gluten Free



Dairy Free

READY IN



62 min.

SERVINGS



6

CALORIES



593 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 pound andouille sausage sliced
- ☐ 1 bay leaf
- ☐ 46.5 oz beans red drained canned (not)
- ☐ 15 oz canned tomatoes diced with juice canned
- ☐ 2 celery stalks chopped
- ☐ 3 cups rice cooked
- ☐ 1.5 teaspoons creole seasoning
- ☐ 4 cloves garlic chopped

- ☐ 1 bell pepper green seeded chopped
- ☐ 1 cup chicken broth low-sodium
- ☐ 2 tablespoons olive oil
- ☐ 1 large onion coarsely chopped

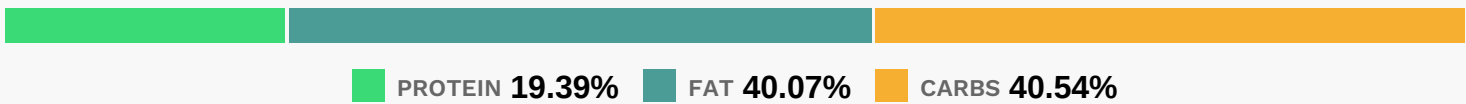
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Warm olive oil in a large pan over medium heat. Saut onion, sausage, bell pepper, celery and garlic until vegetables are tender and browned, about 15 minutes.
- ☐ Add creole seasoning; saut 1 minute.
- ☐ Add tomatoes with their juice. Turn heat to high; scrape up any browned bits in bottom of pan.
- ☐ Stir in chicken broth, beans with liquid and bay leaf; bring to a boil. Lower heat, partially cover and simmer, stirring often, until sauce reduces and thickens, 30 minutes.
- ☐ Divide rice among bowls, spoon bean mixture on top and serve.

Nutrition Facts



Properties

Glycemic Index:48.67, Glycemic Load:35.61, Inflammation Score:-7, Nutrition Score:23.091304405876%

Flavonoids

Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.96mg, Luteolin: 0.96mg, Luteolin: 0.96mg, Luteolin: 0.96mg Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 5.55mg, Quercetin: 5.55mg, Quercetin: 5.55mg, Quercetin: 5.55mg

Nutrients (% of daily need)

Calories: 592.68kcal (29.63%), Fat: 26.64g (40.98%), Saturated Fat: 7.65g (47.83%), Carbohydrates: 60.64g (20.21%), Net Carbohydrates: 47.71g (17.35%), Sugar: 6.6g (7.34%), Cholesterol: 65.01mg (21.67%), Sodium: 1193.67mg (51.9%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.01g (58.02%), Manganese: 1.12mg (55.93%), Fiber: 12.93g (51.71%), Phosphorus: 407.38mg (40.74%), Selenium: 24.45µg (34.93%), Vitamin B3: 6.75mg (33.77%), Vitamin B1: 0.47mg (31.4%), Potassium: 984.17mg (28.12%), Vitamin B6: 0.51mg (25.67%), Vitamin C: 20.61mg (24.98%), Zinc: 3.75mg (24.98%), Copper: 0.48mg (24.12%), Magnesium: 93.79mg (23.45%), Iron: 4.12mg (22.91%), Vitamin B2: 0.32mg (18.96%), Folate: 68.08µg (17.02%), Vitamin K: 14.21µg (13.53%), Vitamin B12: 0.78µg (13%), Vitamin B5: 1.21mg (12.07%), Vitamin E: 1.66mg (11.07%), Calcium: 92.81mg (9.28%), Vitamin D: 1.06µg (7.06%), Vitamin A: 320.13IU (6.4%)