



Red Beans and Rice with Smoked Turkey Sausage

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



433 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 2 bay leaves
- ☐ 2 tablespoons cajun spice salt-free
- ☐ 3 cups rice long-grain hot cooked
- ☐ 3 garlic cloves minced
- ☐ 0.8 teaspoon kosher salt
- ☐ 1 teaspoon olive oil
- ☐ 2 cups onion chopped (1 large)

- ☐ 2 cups beans dried red
- ☐ 0.8 pound turkey sausage smoked thinly sliced
- ☐ 10 cup water

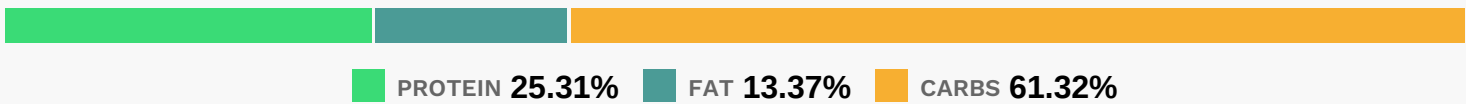
Equipment

- ☐ frying pan
- ☐ dutch oven

Directions

- ☐ Sort and wash beans; place in a large Dutch oven. Cover with water to 2 inches above beans; cover and let stand 8 hours.
- ☐ Drain beans.
- ☐ Heat oil in pan over medium-high heat.
- ☐ Add onion and garlic to pan; saut for 4 minutes. Stir in beans, 10 cups water, and the next 4 ingredients (through sausage); bring to a boil. Reduce heat, and simmer 1 1/2 hours or until bean mixture thickens.
- ☐ Serve over rice.
- ☐ Garnish with green onions, if desired.

Nutrition Facts



Properties

Glycemic Index:36.33, Glycemic Load:35.68, Inflammation Score:-9, Nutrition Score:24.66347795984%

Flavonoids

Cyanidin: 1.14mg, Cyanidin: 1.14mg, Cyanidin: 1.14mg, Cyanidin: 1.14mg Pelargonidin: 2.96mg, Pelargonidin: 2.96mg, Pelargonidin: 2.96mg, Pelargonidin: 2.96mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 10.85mg, Quercetin: 10.85mg, Quercetin: 10.85mg, Quercetin: 10.85mg

Nutrients (% of daily need)

Calories: 433.42kcal (21.67%), Fat: 6.48g (9.97%), Saturated Fat: 1.43g (8.97%), Carbohydrates: 66.87g (22.29%),
Net Carbohydrates: 55.47g (20.17%), Sugar: 3.85g (4.27%), Cholesterol: 42.52mg (14.17%), Sodium: 658.77mg
(28.64%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.61g (55.22%), Folate: 258.24µg (64.56%),
Manganese: 1.2mg (60.03%), Fiber: 11.4g (45.6%), Phosphorus: 408.47mg (40.85%), Vitamin B6: 0.69mg (34.72%),
Potassium: 1147.05mg (32.77%), Copper: 0.64mg (31.87%), Vitamin B1: 0.47mg (31.17%), Iron: 5.58mg (30.98%),
Magnesium: 118.75mg (29.69%), Zinc: 4.08mg (27.23%), Vitamin A: 1195.05IU (23.9%), Vitamin B3: 4.53mg (22.63%),
Vitamin B2: 0.32mg (18.81%), Vitamin B5: 1.5mg (14.98%), Vitamin B12: 0.74µg (12.28%), Selenium: 8.52µg (12.17%),
Vitamin C: 8.52mg (10.32%), Calcium: 102.2mg (10.22%), Vitamin E: 1.02mg (6.81%), Vitamin K: 5.95µg (5.67%)