

food
network



HEALTH SCORE

100%

Round 2 : Cajun Dirty Rice



Gluten Free



Dairy Free



Very Healthy

READY IN



9 min.

SERVINGS



2

CALORIES



2341 kcal

SIDE DISH

Ingredients

- ☐ 1 teaspoon cajun seasoning
- ☐ 2 tablespoons cajun spice
- ☐ 15 ounce kidney beans red drained canned
- ☐ 0.3 cup canola oil divided
- ☐ 2 tablespoons canola oil
- ☐ 5 fillet catfish filets
- ☐ 0.3 teaspoon cayenne pepper
- ☐ 3 stalks celery diced

- ☐ 3 cups rice white with trinity of sauteed vegetables leftover cooked
- ☐ 1 teaspoon freshly garlic chopped
- ☐ 1 medium bell pepper green
- ☐ 2 servings salt and ground pepper fresh black
- ☐ 2 teaspoons juice of lemon
- ☐ 2 tablespoons freshly parsley leaves chopped
- ☐ 0.5 teaspoon pepper flakes, red crushed
- ☐ 3 cups conventional rice white
- ☐ 2 servings salt and pepper black freshly ground
- ☐ 1 medium onion diced yellow

Equipment

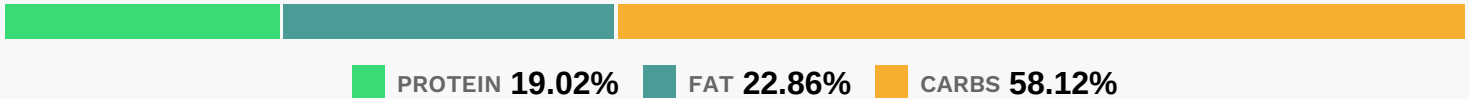
- ☐ bowl
- ☐ frying pan
- ☐ pot

Directions

- ☐ Heat 2 tablespoons of canola oil in a large skillet over medium heat.
- ☐ Add the red pepper flakes, and let it infuse in the oil for 15 to 20 seconds.
- ☐ Add the leftover white rice, flaked catfish fillet, sauteed vegetables, Cajun seasoning, and the kidney beans. Stir to combine and cook until the mixture is heated through, about 3 minutes. Taste and season with salt and pepper, if desired.
- ☐ Transfer to a serving platter and serve.
- ☐ In a large pot, bring 5 1/4 cups of water to a boil over medium heat.
- ☐ Add the rice, turn the heat down to low and simmer until rice has absorbed all the water and is light and fluffy, about 15 to 20 minutes. Reserve 3 cups of cooked rice for round 2 recipe: Cajun Dirty Rice.
- ☐ Transfer the rice to a serving bowl and set aside.
- ☐ In a large skillet over medium-high heat, add 2 tablespoons of canola oil.
- ☐ Add the celery, green pepper, onion, garlic, and season with salt, pepper and cayenne pepper.

- ☐ Saute until slightly tender about 5 minutes.
- ☐ Add the fresh lemon juice and chopped parsley and cook for another minute. Reserve 1 cup of the sauteed vegetables for round 2 recipe: Cajun Dirty Rice.
- ☐ Transfer the vegetables to a serving bowl and set aside.
- ☐ While the vegetables are sauteing, heat a cast iron skillet or griddle over high heat.
- ☐ Brush the catfish with the remaining canola oil and then sprinkle both sides with Cajun seasoning.
- ☐ Place the catfish onto into the hot pan and cook, about 2 to 3 minutes on each side.
- ☐ Arrange the catfish on a serving platter and serve with rice and sauteed vegetables.

Nutrition Facts



Properties

Glycemic Index:239.59, Glycemic Load:217.84, Inflammation Score:-10, Nutrition Score:75.81217400924%

Flavonoids

Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 10.33mg, Apigenin: 10.33mg, Apigenin: 10.33mg, Apigenin: 10.33mg Luteolin: 3.49mg, Luteolin: 3.49mg, Luteolin: 3.49mg, Luteolin: 3.49mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.59mg, Kaempferol: 0.59mg, Kaempferol: 0.59mg, Kaempferol: 0.59mg Myricetin: 0.64mg, Myricetin: 0.64mg, Myricetin: 0.64mg, Myricetin: 0.64mg Quercetin: 12.77mg, Quercetin: 12.77mg, Quercetin: 12.77mg, Quercetin: 12.77mg

Nutrients (% of daily need)

Calories: 2340.57kcal (117.03%), Fat: 58.71g (90.32%), Saturated Fat: 7.28g (45.52%), Carbohydrates: 335.77g (111.92%), Net Carbohydrates: 313.77g (114.1%), Sugar: 10.01g (11.13%), Cholesterol: 246.5mg (82.17%), Sodium: 811.59mg (35.29%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 109.89g (219.77%), Vitamin D: 53.13µg (354.17%), Manganese: 5.27mg (263.32%), Selenium: 116.94µg (167.06%), Phosphorus: 1609.6mg (160.96%), Vitamin B12: 9.48µg (157.96%), Vitamin K: 134.25µg (127.86%), Vitamin A: 5234.23IU (104.68%), Vitamin B1: 1.47mg (97.84%), Vitamin B6: 1.8mg (89.76%), Fiber: 21.99g (87.98%), Potassium: 3049.98mg (87.14%), Vitamin C: 66.43mg (80.53%), Vitamin B3: 16.04mg (80.19%), Vitamin B5: 7.78mg (77.79%), Magnesium: 295.78mg (73.95%), Vitamin E: 10.82mg (72.13%), Copper: 1.39mg (69.48%), Zinc: 8.36mg (55.73%), Iron: 9.16mg (50.88%), Vitamin B2: 0.79mg (46.65%), Folate: 176.58µg (44.14%), Calcium: 294.92mg (29.49%)