



Royal Street Red Beans



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



590 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 lb andouille smoked thinly sliced
- ☐ 3 bay leaves
- ☐ 2 stalks celery diced
- ☐ 0.5 tsp creole seasoning
- ☐ 4 garlic clove minced
- ☐ 6 servings spring onion for garnish
- ☐ 1 pork hock
- ☐ 1 lb kidney beans dried red

- ☐ 6 cups water
- ☐ 1 onion diced white
- ☐ 0.5 tsp worcestershire sauce

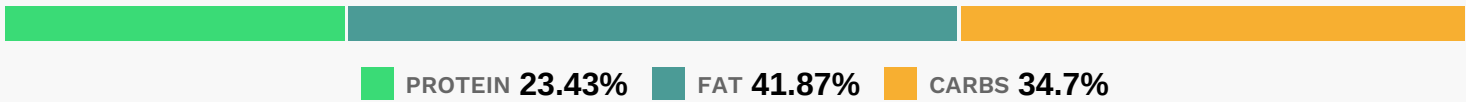
Equipment

- ☐ slow cooker

Directions

- ☐ Add all ingredients except for green onions and hot sauce to the slow cooker and stir.
- ☐ Cook on low heat for 8 hours.
- ☐ Before serving, remove bay leaves and garnish with green onions. Season with hot sauce or a splash of seasoned vinegar, if desired.
- ☐ Serve over fluffy white rice.
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Nutrition Facts



Properties

Glycemic Index:31.67, Glycemic Load:13.62, Inflammation Score:-8, Nutrition Score:25.406521791997%

Flavonoids

Cyanidin: 1.41mg, Cyanidin: 1.41mg, Cyanidin: 1.41mg, Cyanidin: 1.41mg Pelargonidin: 3.64mg, Pelargonidin: 3.64mg, Pelargonidin: 3.64mg, Pelargonidin: 3.64mg Apigenin: 0.38mg, Apigenin: 0.38mg, Apigenin: 0.38mg, Apigenin: 0.38mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 4.45mg, Quercetin: 4.45mg, Quercetin: 4.45mg, Quercetin: 4.45mg

Nutrients (% of daily need)

Calories: 590.42kcal (29.52%), Fat: 27.49g (42.3%), Saturated Fat: 9.51g (59.43%), Carbohydrates: 51.27g (17.09%), Net Carbohydrates: 39g (14.18%), Sugar: 2.77g (3.08%), Cholesterol: 84.56mg (28.19%), Sodium: 752.07mg (32.7%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 34.62g (69.23%), Folate: 313.37µg (78.34%), Fiber: 12.27g (49.09%), Manganese: 0.96mg (47.79%), Vitamin B1: 0.68mg (45.04%), Phosphorus: 402.46mg (40.25%), Potassium: 1367.89mg (39.08%), Iron: 6.52mg (36.23%), Copper: 0.64mg (31.81%), Magnesium: 121.14mg (30.29%), Zinc: 3.83mg (25.53%), Vitamin B6: 0.49mg (24.7%), Vitamin B3: 4.16mg (20.82%), Vitamin K: 20.81µg (19.82%), Vitamin B12: 1.14µg (19.03%), Vitamin B2: 0.31mg (18.41%), Selenium: 12.81µg (18.29%), Calcium: 99.49mg (9.95%), Vitamin B5: 0.99mg (9.94%), Vitamin C: 7.14mg (8.65%), Vitamin D: 0.83µg (5.54%), Vitamin A: 193.07IU (3.86%), Vitamin E: 0.28mg (1.89%)