



Slow Cooker Red Beans and Rice

 **Gluten Free**  **Dairy Free**

READY IN

ready

1215 min.

SERVINGS

servings

6

CALORIES

calories

431 kcal

- SIDE DISH
- LUNCH
- MAIN COURSE
- MAIN DISH

Ingredients

- ☐ 3 cups rice hot cooked
- ☐ 2 cloves garlic minced
- ☐ 6 servings kosher salt and pepper black freshly ground
- ☐ 0.5 cup onion finely chopped
- ☐ 2 cups beans dried red drained
- ☐ 0.5 pound creole seasoned sausage smoked cut into small pieces (andouille)
- ☐ 1 quart water

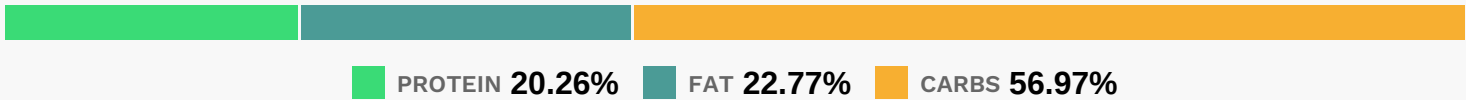
Equipment

- ☐ bowl
- ☐ slow cooker

Directions

- ☐ In a slow cooker, combine the onion, garlic and sausage. Stir in the beans and water and season, to taste, with salt and pepper. Cover and cook on low heat until the beans are tender, about 7 1/2 hours (on high it takes between 3 1/2 to 4 hours).
- ☐ Remove 1/4 cup of beans from slow cooker; mash until smooth, then sir them stir back into slow cooker. Continue to cook for another 30 minutes on low or 15 minutes on high.
- ☐ Remove the beans from the cooker to a serving bowl.
- ☐ Serve over cooked rice and enjoy!

Nutrition Facts



Properties

Glycemic Index:43.83, Glycemic Load:34.75, Inflammation Score:-7, Nutrition Score:19.627825941729%

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 Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.72mg, Quercetin: 2.72mg, Quercetin: 2.72mg, Quercetin: 2.72mg

Nutrients (% of daily need)

Calories: 431.38kcal (21.57%), Fat: 10.92g (16.8%), Saturated Fat: 3.49g (21.8%), Carbohydrates: 61.49g (20.5%), Net Carbohydrates: 51.57g (18.75%), Sugar: 1.9g (2.11%), Cholesterol: 27.22mg (9.07%), Sodium: 257.16mg (11.18%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.87g (43.74%), Folate: 246.98µg (61.75%), Manganese: 1.1mg (55.14%), Fiber: 9.91g (39.65%), Phosphorus: 339.57mg (33.96%), Vitamin B1: 0.5mg (33.39%), Potassium: 979.72mg (27.99%), Copper: 0.54mg (27.15%), Iron: 4.74mg (26.31%), Magnesium: 102.74mg (25.69%), Vitamin B6: 0.46mg (23.07%), Zinc: 2.97mg (19.8%), Vitamin B3: 3.41mg (17.06%), Selenium: 8.1µg (11.57%), Vitamin B2: 0.19mg (11.36%), Vitamin B5: 1.06mg (10.64%), Calcium: 72.26mg (7.23%), Vitamin B12: 0.32µg (5.35%), Vitamin C: 4.32mg (5.24%), Vitamin K: 3.82µg (3.64%), Vitamin D: 0.49µg (3.28%), Vitamin E: 0.24mg (1.58%)