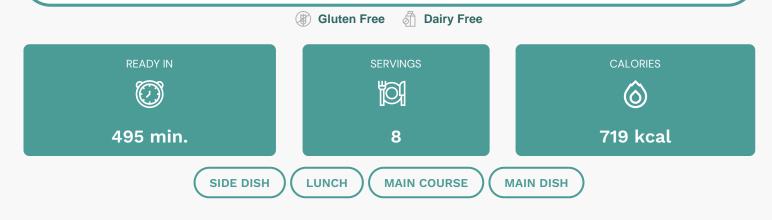


Slow-Cooker Red Beans and Rice



Ingredients

1.3 pounds pork hock smoked
0.3 cup onion chopped
15 ounces beans red rinsed drained canned
1 bay leaves dried
15 ounces tomato sauce canned
1 tablespoon hot sauce red
0.8 cup bell pepper coarsely chopped
3 cups water

	3 cups rice instant uncooked	
	2 teaspoons cajun spice	
	1 pound andouille smoked fully cooked	
_		
Equipment		
	bowl	
	sauce pan	
	slow cooker	
	cutting board	
Dii	rections	
	Place pork hocks in 3- to 4-quart slow cooker.	
	Top with onion, beans, bay leaf, tomato sauce, pepper sauce and bell	
	pepper in order listed.	
	Cover and cook on low heat setting 8 to 9 hours.	
	About 30 minutes before serving, heat water to boiling in 2-quart	
	saucepan over high heat.	
	Remove from heat and stir in rice. Cover and	
	let stand about 5 minutes or until water is absorbed. Fluff rice with fork	
	before serving.	
	Meanwhile, remove pork from cooker; place on cutting board. Pull meat	
	from bones, using 2 forks; discard bones and skin. Return pork to	
	cooker. Stir in Cajun seasoning and sausage. Increase heat setting to	
	high. Cover and cook 15 minutes or until sausage is heated through.	
	For each serving, place 1/2 cup rice in soup bowl and top with 3/4 cup	
	red bean mixture.	

Nutrition Facts

Properties

Glycemic Index:29.02, Glycemic Load:37.22, Inflammation Score:-7, Nutrition Score:16.746086846227%

Flavonoids

Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Quercetin: 1.05mg, Querce

Nutrients (% of daily need)

Calories: 719.42kcal (35.97%), Fat: 32.29g (49.67%), Saturated Fat: 11.45g (71.58%), Carbohydrates: 68.91g (22.97%), Net Carbohydrates: 63.83g (23.21%), Sugar: 3.83g (4.26%), Cholesterol: 117.51mg (39.17%), Sodium: 1097.98mg (47.74%), Alcohol: Og (100%), Alcohol %: O% (100%), Protein: 35.25g (70.5%), Manganese: 1.02mg (50.96%), Vitamin C: 23.62mg (28.63%), Selenium: 18.88µg (26.97%), Potassium: 793.7mg (22.68%), Phosphorus: 217.99mg (21.8%), Fiber: 5.08g (20.31%), Iron: 3.63mg (20.19%), Vitamin B3: 3.93mg (19.63%), Vitamin B1: 0.28mg (18.48%), Vitamin A: 917.3IU (18.35%), Vitamin B6: 0.36mg (18.25%), Copper: 0.35mg (17.43%), Zinc: 2.48mg (16.5%), Vitamin B12: 0.86µg (14.27%), Magnesium: 52.12mg (13.03%), Vitamin B2: 0.22mg (13.02%), Vitamin B5: 1.25mg (12.51%), Folate: 34.16µg (8.54%), Vitamin E: 1.22mg (8.14%), Calcium: 66.59mg (6.66%), Vitamin K: 4.88µg (4.65%), Vitamin D: 0.62µg (4.16%)