



Slow Cooker Red Beans and Rice

 **Gluten Free**  **Popular**

READY IN



45 min.

SERVINGS



5

CALORIES



639 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1 tsp ancho chili powder
- 3 bay leaves
- 1 Tbsp butter
- 30 oz beans red canned
- 15 oz canned tomatoes diced canned
- 1 tsp ground pepper (If you don't like spicy, make this)
- 0.5 onion red chopped
- 1 cup rice

- 18 oz sausage thinly sliced ()
- 2.5 cups water
- 1 tsp pepper white

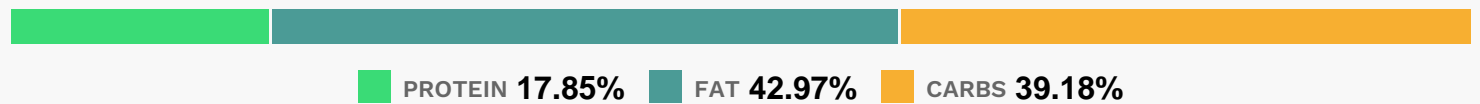
Equipment

- slow cooker

Directions

- Place all of your ingredients into the slow cooker and stir to mix everything well. Allow to cook all day on low for 6 hours (if with rice), or longer if needed without rice.
- Serve with cornbread and enjoy! (I like to take a whole piece and mix it up really well, YUM!)

Nutrition Facts



Properties

Glycemic Index:57.64, Glycemic Load:28.24, Inflammation Score:-7, Nutrition Score:23.012173913043%

Flavonoids

Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Quercetin: 2.23mg, Quercetin: 2.23mg, Quercetin: 2.23mg, Quercetin: 2.23mg

Taste

Sweetness: 33.5%, Saltiness: 100%, Sourness: 34.91%, Bitterness: 29.06%, Savoriness: 47.99%, Fattiness: 60.17%, Spiciness: 100%

Nutrients (% of daily need)

Calories: 638.95kcal (31.95%), Fat: 30.62g (47.11%), Saturated Fat: 10.69g (66.83%), Carbohydrates: 62.81g (20.94%), Net Carbohydrates: 51.14g (18.59%), Sugar: 7.47g (8.3%), Cholesterol: 79.59mg (26.53%), Sodium: 1229.98mg (53.48%), Protein: 28.61g (57.22%), Manganese: 1.11mg (55.6%), Fiber: 11.68g (46.71%), Phosphorus: 394.89mg (39.49%), Vitamin B1: 0.56mg (37.21%), Vitamin B3: 7.37mg (36.83%), Vitamin B6: 0.67mg (33.43%), Copper: 0.59mg (29.38%), Potassium: 1019.56mg (29.13%), Iron: 4.88mg (27.09%), Zinc: 3.97mg (26.46%), Magnesium: 95.56mg (23.89%), Vitamin B2: 0.31mg (18.39%), Folate: 62.09µg (15.52%), Vitamin B5: 1.54mg (15.38%), Vitamin B12: 0.87µg (14.54%), Vitamin C: 11.12mg (13.48%), Vitamin K: 12.88µg (12.27%), Vitamin A: 602.7IU

(12.05%), Selenium: 8.18µg (11.69%), Vitamin E: 1.66mg (11.07%), Calcium: 108.18mg (10.82%), Vitamin D: 1.33µg (8.85%)