



 **11%**
HEALTH SCORE

Smoked Sausage and Red Beans

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

READY IN



270 min.

SERVINGS



12

CALORIES



513 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 bay leaves
- 2 tablespoons cajun spice
- 6 tablespoons garlic minced
- 1 large onion chopped
- 4 dashes hot sauce hot to taste
- 15 ounce kidney beans dark red drained and rinsed canned
- 1 teaspoon salt to taste
- 3 pounds andouille smoked cut into bite-sized pieces

- 4 cups water
- 2 cups rice white uncooked

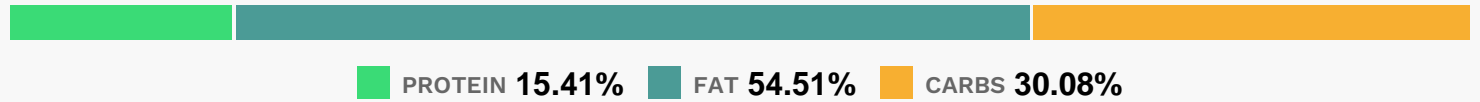
Equipment

- slow cooker

Directions

- In a 6 quart or larger slow cooker, combine the smoked sausage, kidney beans, onion, garlic, rice and water. Season with Cajun seasoning, hot pepper sauce, salt and bay leaf. Cover and set on High. Once it gets heated through, stir to distribute everything evenly. Cover and cook on Low for 6 hours or on High for 4 hours.

Nutrition Facts



Properties

Glycemic Index:13.71, Glycemic Load:17.21, Inflammation Score:-6, Nutrition Score:14.800869495972%

Flavonoids

Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 5.02mg, Quercetin: 5.02mg, Quercetin: 5.02mg, Quercetin: 5.02mg

Nutrients (% of daily need)

Calories: 513.15kcal (25.66%), Fat: 30.68g (47.2%), Saturated Fat: 10.56g (65.97%), Carbohydrates: 38.1g (12.7%), Net Carbohydrates: 34.38g (12.5%), Sugar: 0.84g (0.93%), Cholesterol: 80.51mg (26.84%), Sodium: 1164.46mg (50.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.52g (39.03%), Manganese: 0.65mg (32.46%), Selenium: 20.64µg (29.49%), Vitamin B12: 1.71µg (28.54%), Vitamin B1: 0.39mg (26.05%), Vitamin B3: 4.52mg (22.59%), Phosphorus: 220.54mg (22.05%), Zinc: 3.23mg (21.57%), Vitamin B6: 0.38mg (18.78%), Iron: 2.77mg (15.38%), Fiber: 3.73g (14.92%), Vitamin B2: 0.25mg (14.74%), Folate: 56.15µg (14.04%), Copper: 0.26mg (12.98%), Potassium: 453.61mg (12.96%), Vitamin A: 575.81IU (11.52%), Magnesium: 42.39mg (10.6%), Vitamin B5: 0.96mg (9.58%), Vitamin D: 1.25µg (8.32%), Calcium: 41.84mg (4.18%), Vitamin K: 4.06µg (3.87%), Vitamin C: 2.64mg (3.2%), Vitamin E: 0.39mg (2.6%)