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Nutrition Facts

Serving Size 2 cookies (29g)
 Servings Per Container about 15

Amount Per Serving

Calories 150 **Calories from Fat** 60

% Daily Value*

Total Fat 7g	11%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 80mg	3%
Potassium 15mg	0%
Total Carbohydrate 21g	7%
Dietary Fiber 0g	0%
Sugars 12g	
Protein Less than 1g	

Vitamin A 0% • Vitamin C 0%
 Calcium 0% • Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Potassium		3,500mg	3,500mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g





How many carbs in popeyes small red beans and rice. Is popeyes red beans and rice good for you. Is popeyes red beans and rice bad for you. How many carbs are in popeyes red beans and rice. What kind of beans are in popeyes red beans and rice.

2) In a small bowl, whisk the olive oil, vinegar, Worcestershire sauce, sugar, cloves, paprika, salt and pepper. We are working on getting the ingredients for this item. 3) Pour the salad dressing over the beans and toss to Easy For the black bean soup: 1) Put black beans, pork ribs, water, rum, garlic head halves, onion, salt, bay leaves, oregano, cumin, and crushed red pepper in a slow cooker; cover and cook on LOW until the beans are tender and the meat is falling off the rib bones, about 8 hours. Re A Popeyes restaurant in Los Angeles. Fans of chicken and southern-style side dishes might favor a visit to Popeye's Louisiana Kitchen. A regular-sized order of red beans and rice, which weighs 146 grams, contains 230 calories, 14 grams of fat, 580 milligrams of sodium and 7 grams of protein. Learn more about your rights and options. Our Terms and Conditions of Use and Privacy Policy have been updated. Ad Easy 1) Mix the beans, celery, tomatoes, pickles and onion together in a large bowl. Add the onion, pepper, and annatto, and cook, stirring, until somewhat soft, about 2 minutes. This is 15 to 53 percent of recommended fiber needs, based on a 2,000-calorie diet. A large order, which weighs 438 grams, has 690 calories, 42 grams of fat, 1,740 milligrams of sodium and 21 grams of protein. Baked Products Beans and Legumes Beef Products Beverages Cereal, Grains, Rice, Pasta and Noodles Cheese, Eggs and Dairy products Ethnic Foods Fast Foods Fats and Oils Fish and Seafood Fruits Lamb, Veal, and Game Products Nut and Seed Pork Products Poultry Products Sausages and Deli Meats Snacks Soups, Sauces, Spreads and Gravies Spices and Herbs Sweets Browse Brands: Restaurants & Cafes Food Manufacturers Beverage Producers Supermarkets Ingredients Fruits and Vegetables Meat and Poultry Seafood Pasta and Noodles Explore Recipes Search Recipe By Ingredients Analyze & Construct Your Own Recipe You're taking control of your fitness and wellness journey, so take control of your data, too. There are 690 calories in a Large Red Beans & Rice from Popeyes. Score: 0% Rank: Correct Answer: Start Quiz >> Serving Sizes and Nutrition The red beans and rice dish at Popeye's is one of a number of side dishes the restaurant sells, alongside fries, coleslaw and biscuits. Add the rice and cook, stirring, until toasted, about 2 minutes more. We are working on getting the allergen information for this item. By continuing to use MyFitnessPal, you are acknowledging and agreeing to the updated MyFitnessPal Terms and Conditions of Use and Privacy Policy. Image Credit: David McNew/Getty Images News/Getty Images If you've had a long day at work and plan to grab a quick bite on the way home, a burger and fries combo isn't your only choice. Those with gluten intolerance can safely consume this gluten-free dish, but it does contain soy and is not safe for those with soy allergies or intolerance. Fiber, Gluten and Soy Popeye's red beans and rice dish is a good source of fiber, with 5 or 15 grams of dietary fiber, depending on your serving size. Easy Heat the oil in a medium saucepan, with a tight-fitting lid, over medium-high heat. A large order of red beans and rice contains more than your daily recommended sodium intake; the American Heart Association advises consuming no more than 1,500 milligrams to decrease the risk of high blood pressure and related complications, including stroke. Most of those calories come from fat (51%) and carbohydrates (37%). The chain restaurant has more than 2,000 locations and is known for its fried chicken and sides, such as red beans and rice.

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