



WHATSheATE



Arroz con Frijolito de Cabecita Negra (Blackeye Peas Rice)



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



351 kcal

SIDE DISH

Ingredients

- ☐ 1 teaspoon achiote
- ☐ 2 cups blackeye peas picked over drained
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 3 garlic cloves minced
- ☐ 1 teaspoon ground cumin
- ☐ 6 servings salt and ground pepper
- ☐ 1 cup onion finely chopped

- ☐ 0.5 cup bell pepper red finely chopped
- ☐ 2 scallions finely chopped
- ☐ 2 tablespoon vegetable oil
- ☐ 2 cups rice long grain white

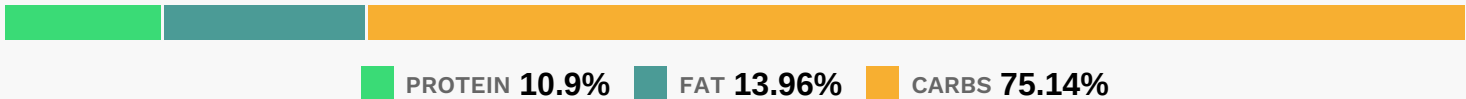
Equipment

- ☐ pot

Directions

- ☐ Drain the beans and put in a large pot. Cover with water and bring to a boil over high heat. Reduce the heat to medium low, cover and cook for about 35 to 40 minutes, or until tender, drain reserving the cooking liquid.In a medium pot, add the onions, garlic, red bell pepper and scallions, sauté for 2 minutes.
- ☐ Add the rice, sauté for 2 minutes and stir until well coated.
- ☐ Add the cooked beans, 2 cups of the cooking liquid and 2 cups of water.
- ☐ Add cilantro, cumin, salt, pepper and achiote, bring to a boil, then reduce the heat to low, cover and cook for 20 to 25 minutes.
- ☐ Remove the rice from the heat, let it sit covered for 5 minutes and serve.

Nutrition Facts



Properties

Glycemic Index:48.7, Glycemic Load:33.95, Inflammation Score:-7, Nutrition Score:13.675217358962%

Flavonoids

Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 6.25mg, Quercetin: 6.25mg, Quercetin: 6.25mg, Quercetin: 6.25mg

Nutrients (% of daily need)

Calories: 350.73kcal (17.54%), Fat: 5.4g (8.31%), Saturated Fat: 0.91g (5.68%), Carbohydrates: 65.47g (21.82%), Net Carbohydrates: 60.01g (21.82%), Sugar: 3.74g (4.16%), Cholesterol: 0mg (0%), Sodium: 8.72mg (0.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.5g (19%), Manganese: 1.05mg (52.49%), Folate: 138.03µg (34.51%), Vitamin C: 19.52mg (23.66%), Fiber: 5.46g (21.83%), Vitamin K: 20.64µg (19.66%), Phosphorus: 177.23mg (17.72%), Selenium: 11.16µg (15.94%), Copper: 0.32mg (15.77%), Iron: 2.37mg (13.17%), Magnesium: 52.7mg (13.17%), Vitamin B6: 0.25mg (12.52%), Vitamin B1: 0.19mg (12.39%), Zinc: 1.54mg (10.28%), Vitamin A: 487.68IU (9.75%), Vitamin B5: 0.95mg (9.5%), Potassium: 323.25mg (9.24%), Vitamin B3: 1.48mg (7.39%), Vitamin E: 0.85mg (5.68%), Vitamin B2: 0.09mg (5.1%), Calcium: 47.62mg (4.76%)