






 **6%**
HEALTH SCORE

Arroz Con Gandules

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

READY IN

40 min.

SERVINGS

8

CALORIES

267 kcal

- ANTIPASTI
- STARTER
- SNACK
- APPETIZER

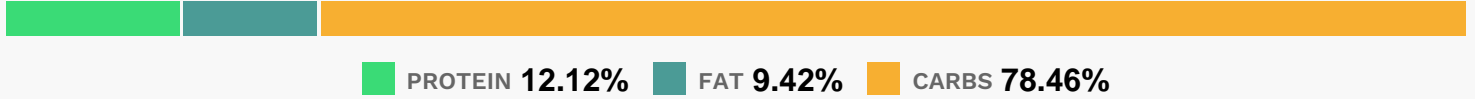
Ingredients

- 2 slices bacon chopped
- 2 garlic clove minced
- 0.5 cup bell pepper green chopped
- 0.5 cup onion chopped
- 15 ounces goya pigeon peas green undrained
- 2 cups rice
- 1 packet complete seasoning
- 0.5 cup tomato sauce

3 cups water

Equipment

Nutrition Facts



Properties

Glycemic Index:24.4, Glycemic Load:24.76, Inflammation Score:-4, Nutrition Score:9.2839130434783%

Flavonoids

Luteolin: 0.44mg, Luteolin: 0.44mg, Luteolin: 0.44mg, Luteolin: 0.44mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.25mg, Quercetin: 2.25mg, Quercetin: 2.25mg, Quercetin: 2.25mg

Nutrients (% of daily need)

Calories: 266.72kcal (13.34%), Fat: 2.77g (4.25%), Saturated Fat: 0.88g (5.47%), Carbohydrates: 51.83g (17.28%), Net Carbohydrates: 47.1g (17.13%), Sugar: 1.26g (1.4%), Cholesterol: 3.63mg (1.21%), Sodium: 175.45mg (7.63%), Protein: 8.01g (16.01%), Manganese: 0.82mg (41.16%), Fiber: 4.74g (18.95%), Folate: 66.93µg (16.73%), Copper: 0.29mg (14.56%), Selenium: 9.88µg (14.11%), Phosphorus: 134.41mg (13.44%), Vitamin C: 9.53mg (11.56%), Magnesium: 41.98mg (10.49%), Potassium: 347.58mg (9.93%), Vitamin B1: 0.14mg (9.35%), Vitamin B6: 0.17mg (8.71%), Vitamin B3: 1.59mg (7.95%), Zinc: 1.13mg (7.52%), Vitamin B5: 0.74mg (7.42%), Iron: 1.2mg (6.64%), Calcium: 45.48mg (4.55%), Vitamin B2: 0.07mg (4.39%), Vitamin E: 0.33mg (2.21%), Vitamin A: 104.66IU (2.09%), Vitamin K: 1.22µg (1.16%)