



 **10%**
HEALTH SCORE

Arroz Con Gandules

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

READY IN



55 min.

SERVINGS



8

CALORIES



171 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 teaspoon cilantro leaves
- 2 tablespoons sauce
- 1 tablespoon olive oil
- 1 teaspoon oregano
- 15 ounce pigeon peas green undrained canned
- 1 cup rice
- 8 servings salt to taste
- 8 servings complete seasoning to taste

1 tablespoon tomato paste

2 cups water

Equipment

Nutrition Facts



Properties

Glycemic Index:20.65, Glycemic Load:13.2, Inflammation Score:-4, Nutrition Score:6.2039130434783%

Flavonoids

Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 171.07kcal (8.55%), Fat: 2.13g (3.27%), Saturated Fat: 0.33g (2.08%), Carbohydrates: 32.46g (10.82%), Net Carbohydrates: 28.41g (10.33%), Sugar: 1.15g (1.28%), Cholesterol: 0mg (0%), Sodium: 351.46mg (15.28%), Protein: 5.39g (10.77%), Manganese: 0.54mg (26.85%), Fiber: 4.05g (16.2%), Folate: 61.69µg (15.42%), Copper: 0.21mg (10.62%), Phosphorus: 91.88mg (9.19%), Magnesium: 32.35mg (8.09%), Selenium: 5.15µg (7.36%), Potassium: 254.26mg (7.26%), Vitamin B1: 0.1mg (6.36%), Iron: 0.94mg (5.21%), Zinc: 0.76mg (5.04%), Vitamin B3: 0.86mg (4.29%), Vitamin B5: 0.41mg (4.09%), Calcium: 35.96mg (3.6%), Vitamin B6: 0.07mg (3.57%), Vitamin B2: 0.05mg (2.77%), Vitamin K: 2.9µg (2.76%), Vitamin E: 0.41mg (2.73%)