



## Arroz Con Gandules

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



193 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

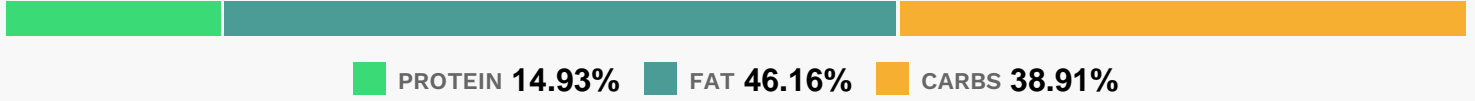
## Ingredients

- 0.5 teaspoon adobo seasoning
- 1 teaspoon cilantro leaves fresh minced
- 2 tablespoons sauce
- 2 tablespoons olive oil
- 15 ounces goya pigeon peas undrained (gandules)
- 2 cups water with cold water and drained rinsed
- 4 ounces andouille smoked diced
- 2 ounces tomato sauce

2 cups water

## Equipment

## Nutrition Facts



## Properties

Glycemic Index:17.33, Glycemic Load:2.75, Inflammation Score:-3, Nutrition Score:7.3652173913043%

## Flavonoids

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

## Nutrients (% of daily need)

Calories: 193.1kcal (9.65%), Fat: 9.99g (15.37%), Saturated Fat: 2.45g (15.3%), Carbohydrates: 18.95g (6.32%), Net Carbohydrates: 14.04g (5.1%), Sugar: 1.5g (1.66%), Cholesterol: 13.42mg (4.47%), Sodium: 276.74mg (12.03%), Protein: 7.27g (14.54%), Folate: 80.4µg (20.1%), Fiber: 4.91g (19.65%), Manganese: 0.37mg (18.74%), Copper: 0.24mg (11.97%), Phosphorus: 108.16mg (10.82%), Vitamin B1: 0.16mg (10.4%), Potassium: 339.06mg (9.69%), Magnesium: 38.06mg (9.52%), Zinc: 1.08mg (7.21%), Selenium: 4.65µg (6.64%), Vitamin B3: 1.26mg (6.3%), Iron: 1.11mg (6.15%), Vitamin E: 0.81mg (5.4%), Vitamin B12: 0.29µg (4.76%), Vitamin B2: 0.08mg (4.73%), Vitamin B6: 0.08mg (4.05%), Calcium: 38.11mg (3.81%), Vitamin B5: 0.34mg (3.4%), Vitamin K: 3.13µg (2.98%), Vitamin D: 0.21µg (1.39%)