



 17%
HEALTH SCORE

Arroz Con Gandules

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

READY IN



45 min.

SERVINGS



6

CALORIES



554 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 tablespoons capers
- 3 chicken stock cube
- 1 cup chorizo sausage cut crumbled cubed crisp cooked coarsely chopped (, bacon or , ham may be substituted)
- 0.5 cup cilantro leaves fresh finely chopped ()
- 1 garlic clove minced
- 1 medium bell pepper green finely chopped
- 1 teaspoon ground cumin
- 1 small onion finely chopped

- 0.3 teaspoon paprika
- 15 ounce pigeon peas green undrained canned (gandules)
- 0.3 cup pimiento stuffed olives coarsely chopped
- 3 cups rice
- 0.3 teaspoon salt
- 2 tablespoons add carrot and onion to bacon fat . cook (or if you use bacon and cook the bacon in a skillet, 2 Tbs of the bacon drippings may be substituted)
- 6 cups water

Equipment

Directions

In large, thick pot, heat oil over medium heat.

When hot, add the onion and bell pepper.

Saute for 2 minutes, then add gandules, chopped cilantro, garlic, capers, olives and chorizo.

Saute for 2 to 3 minutes more, or until onions are translucent and peppers are soft.

Add the water, bouillon cubes, cumin, salt, and paprika to the pot. Turn heat up a bit, and bring to a boil.

Make sure the bouillon cubes are dissolved.

Add rice; let boil uncovered for approximately 3 minutes.

Lay the sprigs of cilantro across the top of the rice.

Do not clump them together, spread randomly across the rice.

Cover the pot, reduce heat to low, and simmer until rice is tender, approximately 25 minutes.

When rice is dry and tender, remove cilantro sprigs, fluff with spoon, and serve.

Nutrition Facts



■ PROTEIN **11.62%** ■ FAT **19.78%** ■ CARBS **68.6%**

Properties

Glycemic Index:33.7, Glycemic Load:47.45, Inflammation Score:-6, Nutrition Score:15.628260869565%

Flavonoids

Luteolin: 0.97mg, Luteolin: 0.97mg, Luteolin: 0.97mg, Luteolin: 0.97mg Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg Kaempferol: 3.59mg, Kaempferol: 3.59mg, Kaempferol: 3.59mg, Kaempferol: 3.59mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 8.12mg, Quercetin: 8.12mg, Quercetin: 8.12mg, Quercetin: 8.12mg

Nutrients (% of daily need)

Calories: 554.1kcal (27.71%), Fat: 11.99g (18.45%), Saturated Fat: 5.44g (33.98%), Carbohydrates: 93.56g (31.19%), Net Carbohydrates: 86.69g (31.52%), Sugar: 1.5g (1.67%), Cholesterol: 32.51mg (10.84%), Sodium: 765.75mg (33.29%), Protein: 15.85g (31.69%), Manganese: 1.43mg (71.63%), Vitamin C: 24.64mg (29.87%), Fiber: 6.87g (27.48%), Selenium: 16.83µg (24.04%), Copper: 0.47mg (23.72%), Folate: 92.61µg (23.15%), Phosphorus: 205.21mg (20.52%), Magnesium: 65.7mg (16.43%), Iron: 2.41mg (13.4%), Vitamin B6: 0.26mg (13.07%), Potassium: 456.71mg (13.05%), Vitamin B1: 0.19mg (12.85%), Vitamin B5: 1.22mg (12.25%), Zinc: 1.77mg (11.77%), Vitamin B3: 2.26mg (11.32%), Calcium: 88.97mg (8.9%), Vitamin A: 435.56IU (8.71%), Vitamin B2: 0.11mg (6.67%), Vitamin K: 6.57µg (6.26%), Vitamin E: 0.52mg (3.48%)