



Arroz con Gandules (Rice with Pigeon Peas)



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



681 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 pound bacon diced
- ☐ 15 oz goya pigeon peas canned
- ☐ 0.3 cup cilantro leaves chopped
- ☐ 2 garlic cloves finely chopped
- ☐ 0.3 cup bell pepper green chopped
- ☐ 0.3 teaspoon ground cumin
- ☐ 2 tablespoons olive oil
- ☐ 0.5 cup onion chopped

- ☐ 0.3 cup bell pepper red chopped
- ☐ 2 cups rice
- ☐ 6 servings salt and pepper
- ☐ 1 tablespoon tomato paste
- ☐ 4 cups water

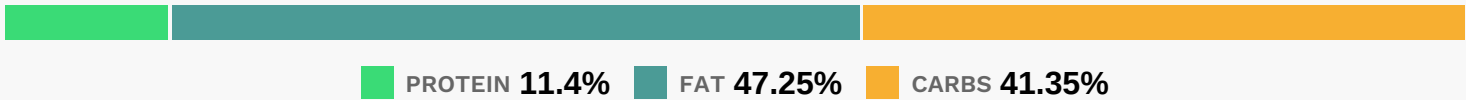
Equipment

- ☐ frying pan

Directions

- ☐ In a large pan over medium heat, add the oil and the bacon or ham. Sauté for 5 minutes or until the bacon is brown.
- ☐ Remove and set aside.
- ☐ Add more olive oil, green pepper, garlic, red pepper, onion, salt, black pepper, ground cumin and cilantro. Cook for 10 to 15 minutes, stirring often.
- ☐ Add the rice and stir to coat.
- ☐ Add the water, tomato paste and pigeon peas, stir and bring to a boil.
- ☐ Add the bacon and sazón goya. Reduce the heat, cover and cook for about 25 minutes.
- ☐ Remove the rice from the heat, let it sit covered for 5 minutes and serve.

Nutrition Facts



Properties

Glycemic Index:44.03, Glycemic Load:32.93, Inflammation Score:-6, Nutrition Score:17.461739249851%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.28mg, Quercetin: 3.28mg, Quercetin: 3.28mg, Quercetin: 3.28mg

Nutrients (% of daily need)

Calories: 680.62kcal (34.03%), Fat: 35.44g (54.52%), Saturated Fat: 10.89g (68.04%), Carbohydrates: 69.77g (23.26%), Net Carbohydrates: 63.52g (23.1%), Sugar: 1.53g (1.7%), Cholesterol: 49.9mg (16.63%), Sodium: 731.66mg (31.81%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.24g (38.47%), Manganese: 1.1mg (55.09%), Selenium: 26.93µg (38.47%), Phosphorus: 276.27mg (27.63%), Vitamin B1: 0.38mg (25.01%), Fiber: 6.25g (25%), Vitamin B3: 4.82mg (24.09%), Vitamin C: 19.32mg (23.42%), Folate: 91.54µg (22.89%), Vitamin B6: 0.42mg (20.79%), Copper: 0.41mg (20.52%), Potassium: 580.28mg (16.58%), Magnesium: 63.68mg (15.92%), Zinc: 2.31mg (15.39%), Vitamin B5: 1.34mg (13.35%), Iron: 1.87mg (10.41%), Vitamin E: 1.36mg (9.09%), Vitamin B2: 0.15mg (8.99%), Vitamin A: 406.97IU (8.14%), Calcium: 64.89mg (6.49%), Vitamin B12: 0.38µg (6.3%), Vitamin K: 6.33µg (6.03%), Vitamin D: 0.3µg (2.02%)