



Arroz con Gandules (Rice with Pigeon Peas)



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



267 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 15.5 ounce goya pigeon peas canned
- ☐ 1 teaspoon annatto oil
- ☐ 2 tablespoons cilantro leaves fresh chopped
- ☐ 2 garlic cloves minced
- ☐ 28 ounce less-sodium beef broth canned
- ☐ 0.5 cup onion chopped
- ☐ 0.5 teaspoon oregano dried
- ☐ 0.5 cup stuffed olives spanish chopped

- ☐ 4 ounce center-cut loin pork chop boneless cubed
- ☐ 2 cups rice medium-grain uncooked
- ☐ 0.5 teaspoon salt
- ☐ 0.3 cup ham smoked lean cubed
- ☐ 1 cup water

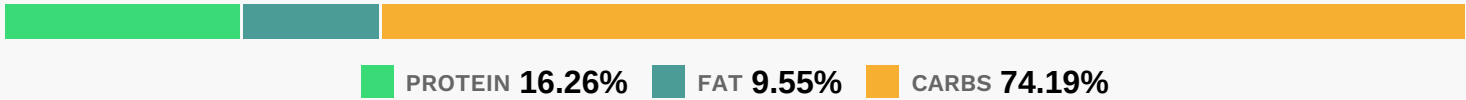
Equipment

- ☐ dutch oven

Directions

- ☐ Heat oil in a large Dutch oven over medium-high heat.
- ☐ Add onion, garlic, and pork; saut 5 minutes. Stir in rice.
- ☐ Add water and the next 4 ingredients (through broth); bring to a boil. Cover, reduce heat, and simmer 20 minutes or until liquid is absorbed and rice is tender. Stir in olives, cilantro, and peas.

Nutrition Facts



Properties

Glycemic Index:19.8, Glycemic Load:31.45, Inflammation Score:-6, Nutrition Score:11.342608586602%

Flavonoids

Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.68mg, Quercetin: 1.68mg, Quercetin: 1.68mg, Quercetin: 1.68mg

Nutrients (% of daily need)

Calories: 267.01kcal (13.35%), Fat: 2.8g (4.31%), Saturated Fat: 0.6g (3.78%), Carbohydrates: 48.95g (16.32%), Net Carbohydrates: 44.26g (16.1%), Sugar: 0.39g (0.43%), Cholesterol: 9.64mg (3.21%), Sodium: 428.47mg (18.63%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.73g (21.45%), Folate: 160.11µg (40.03%), Manganese: 0.74mg (36.88%), Vitamin B1: 0.41mg (27.58%), Fiber: 4.69g (18.74%), Selenium: 12.36µg (17.66%), Vitamin B3: 3.23mg (16.15%), Iron: 2.7mg (15%), Phosphorus: 136.47mg (13.65%), Copper: 0.25mg (12.59%), Potassium: 435.76mg

(12.45%), Vitamin B6: 0.21mg (10.28%), Magnesium: 37.58mg (9.4%), Vitamin B5: 0.85mg (8.48%), Zinc: 1.2mg (7.98%), Vitamin B2: 0.07mg (4.33%), Calcium: 30.4mg (3.04%), Vitamin E: 0.36mg (2.43%), Vitamin K: 1.29µg (1.23%)