



Authentic Bahamian Peas and Rice



Gluten Free



Dairy Free

READY IN



55 min.

SERVINGS



8

CALORIES



539 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 cups brown rice uncooked
- ☐ 1 teaspoon browning sauce
- ☐ 10 ounce coconut milk canned
- ☐ 15 ounce goya pigeon peas drained canned
- ☐ 2 slices bacon crumbled cooked
- ☐ 8 ounces ham cubed cooked
- ☐ 8 ounces corned beef ribs chopped
- ☐ 2 sprigs thyme leaves fresh

- ☐ 0.5 bell pepper green chopped
- ☐ 1 onion chopped
- ☐ 8 servings salt and pepper to taste
- ☐ 1 tomatoes chopped
- ☐ 1 tablespoon tomato paste
- ☐ 1 tablespoon vegetable oil
- ☐ 6 cups water

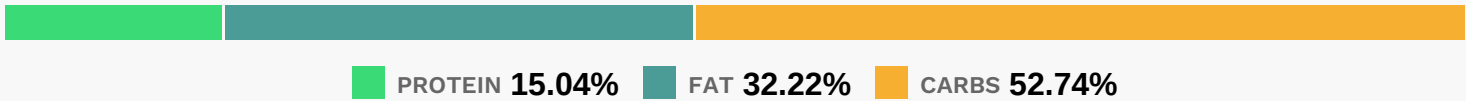
Equipment

- ☐ pot

Directions

- ☐ Heat oil in a large pot over medium heat.
- ☐ Add the onion, and fry until transparent. Stir in the green pepper, ham, tomato paste, tomato, bacon, corned beef, and pigeon peas. Season with thyme, salt, and pepper. Bring to a simmer.
- ☐ Stir in the coconut milk, water and browning sauce, and bring to a boil. Stir in the rice. Return to a boil, then stir, cover, and reduce the heat to low. Simmer for about 45 minutes, until rice is tender. Stir occasionally.

Nutrition Facts



Properties

Glycemic Index:30.72, Glycemic Load:33, Inflammation Score:-8, Nutrition Score:23.584782737267%

Flavonoids

Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.04mg, Quercetin: 3.04mg, Quercetin: 3.04mg, Quercetin: 3.04mg

Nutrients (% of daily need)

Calories: 539.41kcal (26.97%), Fat: 19.4g (29.85%), Saturated Fat: 10.24g (64.02%), Carbohydrates: 71.46g (23.82%), Net Carbohydrates: 64.03g (23.28%), Sugar: 2.72g (3.02%), Cholesterol: 37.98mg (12.66%), Sodium: 938.15mg (40.79%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.38g (40.76%), Manganese: 3.33mg (166.62%), Phosphorus: 421.59mg (42.16%), Magnesium: 156.82mg (39.21%), Vitamin B1: 0.57mg (38.15%), Vitamin B3: 6.22mg (31.09%), Vitamin B6: 0.62mg (30.85%), Vitamin C: 25.19mg (30.54%), Fiber: 7.43g (29.7%), Copper: 0.56mg (27.84%), Zinc: 3.75mg (25.01%), Selenium: 15.93µg (22.75%), Folate: 87.21µg (21.8%), Potassium: 753.48mg (21.53%), Iron: 3.39mg (18.85%), Vitamin B5: 1.77mg (17.71%), Vitamin B12: 0.93µg (15.44%), Vitamin B2: 0.19mg (11.27%), Calcium: 68.56mg (6.86%), Vitamin K: 5.21µg (4.96%), Vitamin A: 200.58IU (4.01%), Vitamin E: 0.4mg (2.67%)