



Basmati Rice and Pigeon Peas

 Vegetarian  Gluten Free

READY IN



35 min.

SERVINGS



6

CALORIES



229 kcal

SIDE DISH

Ingredients

- ☐ 1 cup rice uncooked
- ☐ 1 tablespoon butter
- ☐ 2 green onions thinly sliced
- ☐ 1.5 teaspoons lemon zest
- ☐ 2 cups chicken broth low-sodium
- ☐ 15 oz goya pigeon peas green rinsed drained canned
- ☐ 0.5 teaspoon salt

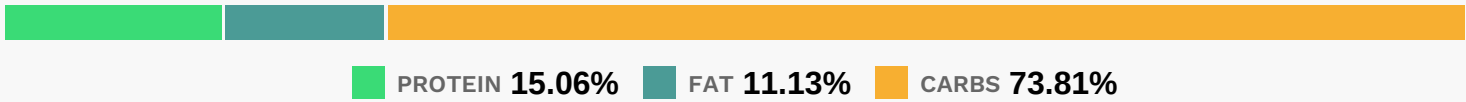
Equipment

☐ sauce pan

Directions

- ☐ Bring broth, butter, and salt to a boil over medium-high heat in a large saucepan. Stir in rice; cover, reduce heat to low, and simmer 20 minutes or until broth is absorbed and rice is tender.
- ☐ Remove from heat, and stir in peas and zest using a fork. Cover and let stand 5 minutes.
- ☐ Sprinkle with onions.
- ☐ Note: For testing purposes only, we used Mahatma Basmati Rice.

Nutrition Facts



Properties

Glycemic Index:27.53, Glycemic Load:17.48, Inflammation Score:-4, Nutrition Score:8.9247825197552%

Flavonoids

Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg

Nutrients (% of daily need)

Calories: 229.13kcal (11.46%), Fat: 2.85g (4.38%), Saturated Fat: 1.46g (9.1%), Carbohydrates: 42.45g (14.15%), Net Carbohydrates: 37.14g (13.51%), Sugar: 0.25g (0.28%), Cholesterol: 5.02mg (1.67%), Sodium: 238.15mg (10.35%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.66g (17.33%), Manganese: 0.7mg (34.87%), Fiber: 5.31g (21.23%), Folate: 83.83µg (20.96%), Copper: 0.3mg (15.13%), Phosphorus: 145.5mg (14.55%), Potassium: 387.71mg (11.08%), Vitamin B3: 2.15mg (10.74%), Magnesium: 42.02mg (10.51%), Selenium: 6.76µg (9.66%), Vitamin B1: 0.13mg (8.51%), Vitamin K: 8.47µg (8.07%), Zinc: 1.07mg (7.15%), Iron: 1.26mg (7.02%), Vitamin B5: 0.55mg (5.46%), Vitamin B2: 0.08mg (5%), Vitamin B6: 0.1mg (4.86%), Calcium: 46.49mg (4.65%), Vitamin A: 100.57IU (2.01%), Vitamin C: 1.4mg (1.69%), Vitamin B12: 0.08µg (1.38%)