



Caribbean Beans and Rice



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



7

CALORIES



610 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 14 ounce coconut milk canned
- ☐ 0.5 habanero chile pepper seeded
- ☐ 1 cup kidney beans dried
- ☐ 1 garlic clove pressed
- ☐ 3 green onions chopped
- ☐ 1 teaspoon pepper
- ☐ 1.5 cups rice long-grain uncooked
- ☐ 0.5 teaspoon salt

- ☐ 0.5 pound salt pork
- ☐ 1 tablespoon teaspoon thyme dried fresh chopped
- ☐ 4.5 cups water

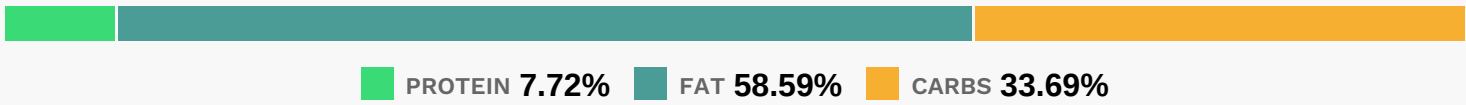
Equipment

- ☐ dutch oven

Directions

- ☐ Place beans in a Dutch oven; add water to 2 inches above beans. Soak 8 hours.
- ☐ Drain and rinse.
- ☐ Bring beans and next 3 ingredients to a boil in Dutch oven. Cover, reduce heat, and simmer 45 minutes or until beans are tender.
- ☐ Add rice and next 5 ingredients; return to a boil. Cover, reduce heat, and simmer 25 minutes or until rice is tender.
- ☐ Remove and discard pork; stir in green onions.
- ☐ *2 teaspoons habanero hot sauce may be substituted for 1/2 habanero chile pepper.

Nutrition Facts



Properties

Glycemic Index:40.31, Glycemic Load:23.78, Inflammation Score:-8, Nutrition Score:14.743478466635%

Flavonoids

Cyanidin: 0.49mg, Cyanidin: 0.49mg, Cyanidin: 0.49mg, Cyanidin: 0.49mg Pelargonidin: 1.27mg, Pelargonidin: 1.27mg, Pelargonidin: 1.27mg, Pelargonidin: 1.27mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.56mg, Quercetin: 0.56mg, Quercetin: 0.56mg, Quercetin: 0.56mg

Nutrients (% of daily need)

Calories: 610.33kcal (30.52%), Fat: 40.16g (61.78%), Saturated Fat: 21.61g (135.03%), Carbohydrates: 51.96g (17.32%), Net Carbohydrates: 45.83g (16.67%), Sugar: 2.66g (2.95%), Cholesterol: 27.86mg (9.29%), Sodium: 1058.06mg (46%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.9g (23.81%), Manganese: 1.32mg (65.76%),

Folate: 120.1µg (30.03%), Fiber: 6.12g (24.5%), Copper: 0.48mg (23.91%), Phosphorus: 230.23mg (23.02%), Iron: 3.44mg (19.12%), Magnesium: 74.35mg (18.59%), Vitamin B1: 0.28mg (18.46%), Selenium: 12.33µg (17.62%), Potassium: 601.45mg (17.18%), Zinc: 1.9mg (12.67%), Vitamin K: 12.79µg (12.18%), Vitamin B6: 0.23mg (11.52%), Vitamin B3: 2.21mg (11.03%), Vitamin B5: 0.79mg (7.93%), Vitamin C: 6.5mg (7.88%), Vitamin B2: 0.11mg (6.24%), Calcium: 58.49mg (5.85%), Vitamin A: 107.19IU (2.14%), Vitamin B12: 0.09µg (1.57%), Vitamin E: 0.22mg (1.47%)