



 **100%**
HEALTH SCORE

Caribbean Peas & Rice

 Vegetarian  Vegan  Gluten Free  Dairy Free  Very Healthy

READY IN



45 min.

SERVINGS



2

CALORIES



672 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 15 ounces black-eyed peas drained and rinsed
- 1 cup brown rice uncooked
- 2 celery stalks whole minced
- 2 tbsp ginger root fresh minced
- 2 tsp jamaican jerk seasoning dried
- 1 bunch kale chopped
- 2 tbsp catsup
- 1.5 tsp tabasco pepper sauce green

- 1 bunch scallions white sliced thin
- 4 thyme leaves fresh whole
- 2.5 cups vegetable broth
- 4 garlic cloves whole minced

Equipment

- frying pan
- pot
- spatula

Directions

- Combine rice with 2 cups of vegetable broth in a large pot and set aside. Line a skillet with a thin layer of broth and add scallions, celery, garlic, ginger, thyme, jalapeno sauce and 1 tsp jerk seasoning. Cook over high heat, adding additional broth as necessary, until the celery is soft, about 3 minutes.
- Add remaining jerk seasoning, stirring to coat.
- Transfer to rice, add 2 squirts of ketchup and turmeric (for color), stirring to combine. Cover and bring to a boil. Once boiling reduce heat to low and simmer 40–50 minutes, until rice is cooked, but keep an eye on it, as you may need to add more broth or water (some brown rice is very thirsty). Meanwhile, lightly steam greens. Press out any excess water and chop into bite-sized pieces. Once rice is fully cooked, fluff with a spatula then stir in black-eyed peas and greens.
- Serve with jalapeno sauce on the table. Nutritional Information
- Amount Per Serving
- Calories
- 30Fat
- 70g
- Carbohydrate
- 30gDietary Fiber19.80gSugars14.90gProtein15.40g

Nutrition Facts



■ PROTEIN 15.59% ■ FAT 6.68% ■ CARBS 77.73%

Properties

Glycemic Index:165.38, Glycemic Load:55.82, Inflammation Score:-10, Nutrition Score:49.079130421514%

Flavonoids

Apigenin: 0.16mg, Apigenin: 0.16mg, Apigenin: 0.16mg, Apigenin: 0.16mg Luteolin: 0.95mg, Luteolin: 0.95mg, Luteolin: 0.95mg, Luteolin: 0.95mg Isorhamnetin: 15.34mg, Isorhamnetin: 15.34mg, Isorhamnetin: 15.34mg, Isorhamnetin: 15.34mg Kaempferol: 30.61mg, Kaempferol: 30.61mg, Kaempferol: 30.61mg, Kaempferol: 30.61mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 16.22mg, Quercetin: 16.22mg, Quercetin: 16.22mg, Quercetin: 16.22mg

Nutrients (% of daily need)

Calories: 672.14kcal (33.61%), Fat: 5.1g (7.85%), Saturated Fat: 1.01g (6.29%), Carbohydrates: 133.57g (44.52%), Net Carbohydrates: 112.17g (40.79%), Sugar: 14.36g (15.95%), Cholesterol: 0mg (0%), Sodium: 1511.12mg (65.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.79g (53.58%), Vitamin K: 285.95µg (272.33%), Manganese: 5.22mg (261.04%), Vitamin A: 8070.28IU (161.41%), Folate: 514.83µg (128.71%), Vitamin C: 72.77mg (88.2%), Fiber: 21.4g (85.58%), Magnesium: 285.91mg (71.48%), Phosphorus: 648.14mg (64.81%), Vitamin B1: 0.93mg (61.71%), Iron: 9.19mg (51.05%), Vitamin B6: 0.97mg (48.45%), Copper: 0.96mg (47.96%), Potassium: 1272.65mg (36.36%), Zinc: 5.22mg (34.77%), Vitamin B3: 6.6mg (33.02%), Calcium: 287.24mg (28.72%), Vitamin B2: 0.46mg (27.27%), Vitamin B5: 2.46mg (24.58%), Vitamin E: 2.14mg (14.26%), Selenium: 7.42µg (10.6%)