



## Coconut Rice and Peas

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



35 min.

SERVINGS



10

CALORIES



472 kcal

SIDE DISH

### Ingredients

- 2 cups coconut milk
- 0.3 cup olive oil
- 3 cups goya pigeon peas cooked drained
- 4 cups rice long-grain rinsed well
- 10 servings salt to taste
- 1 cup scallions chopped
- 1 scotch bonnet pepper whole
- 8 sprigs thyme leaves

5.5 cups water

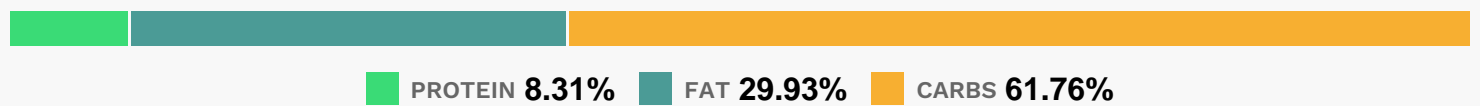
## Equipment

pot

## Directions

Over high heat in a heavy-bottomed stock pot, combine and stir all the ingredients. Bring to a boil uncovered, then reduce heat, cover pot, and simmer for 25–30 minutes, rice should be cooked.;

## Nutrition Facts



## Properties

Glycemic Index:30.22, Glycemic Load:38.9, Inflammation Score:-8, Nutrition Score:13.547825802927%

## Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Quercetin: 1.07mg, Quercetin: 1.07mg, Quercetin: 1.07mg, Quercetin: 1.07mg

## Nutrients (% of daily need)

Calories: 472.27kcal (23.61%), Fat: 15.76g (24.24%), Saturated Fat: 9.48g (59.23%), Carbohydrates: 73.17g (24.39%), Net Carbohydrates: 68.44g (24.89%), Sugar: 0.37g (0.42%), Cholesterol: 0mg (0%), Sodium: 214.26mg (9.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.84g (19.68%), Manganese: 1.44mg (71.84%), Vitamin K: 24.16µg (23.01%), Copper: 0.43mg (21.71%), Phosphorus: 193.45mg (19.34%), Fiber: 4.73g (18.9%), Folate: 75.18µg (18.8%), Selenium: 12.7µg (18.14%), Magnesium: 67.29mg (16.82%), Iron: 2.97mg (16.52%), Potassium: 413.86mg (11.82%), Zinc: 1.58mg (10.55%), Vitamin B5: 0.99mg (9.93%), Vitamin B3: 1.95mg (9.73%), Vitamin B1: 0.14mg (9.46%), Vitamin B6: 0.17mg (8.66%), Calcium: 65.19mg (6.52%), Vitamin E: 0.92mg (6.14%), Vitamin C: 5.05mg (6.12%), Vitamin B2: 0.08mg (4.62%), Vitamin A: 148.74IU (2.97%)