



Coconut Rice and Peas

 Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



394 kcal

SIDE DISH

Ingredients

- ☐ 1 cup rice
- ☐ 1 can eyed peas black
- ☐ 1 cup chicken stock see
- ☐ 2 tablespoons freshly cilantro leaves minced
- ☐ 0.8 cup coconut milk
- ☐ 1 tablespoon garlic minced
- ☐ 1 tablespoon olive oil
- ☐ 0.5 teaspoon chili flakes red

- ☐ 4 servings salt and pepper black freshly ground
- ☐ 0.3 cup white wine

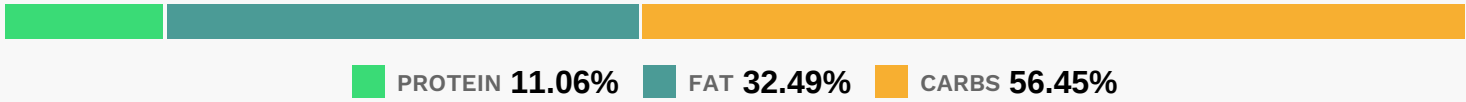
Equipment

- ☐ sauce pan

Directions

- ☐ In a medium saucepan, heat 1 tablespoon olive oil. Once hot add the minced garlic and the chili flakes, saute until soft, about 2 minutes.
- ☐ Add the rice and stir to coat.
- ☐ Add the white wine and stir.
- ☐ Add the chicken stock and the coconut milk. Give the rice a good stir and bring to a gentle boil. Once the rice just begins to boil, lower the heat and allow to simmer for about 20 minutes, until the rice is cooked and all the liquid has evaporated. Fluff with a fork and stir in the black eyed peas and the cilantro. Season with salt and pepper, to taste.

Nutrition Facts



Properties

Glycemic Index:77.05, Glycemic Load:27.32, Inflammation Score:-5, Nutrition Score:13.057826197666%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

Nutrients (% of daily need)

Calories: 393.61kcal (19.68%), Fat: 13.95g (21.45%), Saturated Fat: 8.87g (55.44%), Carbohydrates: 54.51g (18.17%), Net Carbohydrates: 49.68g (18.07%), Sugar: 3.25g (3.61%), Cholesterol: 1.8mg (0.6%), Sodium: 101.49mg (4.41%), Alcohol: 1.54g (100%), Alcohol %: 0.84% (100%), Protein: 10.68g (21.37%), Manganese: 1.19mg (59.72%), Folate: 143.05µg (35.76%), Phosphorus: 214.33mg (21.43%), Copper: 0.41mg (20.35%), Iron: 3.61mg (20.08%), Fiber: 4.82g

(19.29%), Magnesium: 69.18mg (17.29%), Selenium: 10.22µg (14.6%), Vitamin B1: 0.19mg (12.97%), Potassium: 409.11mg (11.69%), Vitamin B3: 2.33mg (11.65%), Vitamin B6: 0.22mg (11.25%), Zinc: 1.69mg (11.24%), Vitamin B5: 0.81mg (8.14%), Vitamin B2: 0.12mg (6.78%), Vitamin E: 0.85mg (5.67%), Calcium: 43.78mg (4.38%), Vitamin K: 4.48µg (4.26%), Vitamin A: 99.52IU (1.99%), Vitamin C: 1.47mg (1.79%)