



WHATSheATE



Dinner Tonight: Senegalese Rice and Peas



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



278 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients



1 cup pea-mond dressing dried



0.5 cup canola oil red



2 tablespoons fish sauce



1 scotch bonnet peppers to taste



0.5 onion



1 cup rice long grain red



4 servings salt to taste

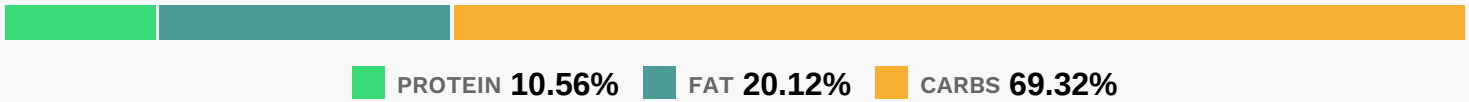
Equipment

- ☐ food processor
- ☐ bowl
- ☐ sauce pan
- ☐ pot
- ☐ blender

Directions

- ☐ In a large bowl, cover peas with warm water and let stand twenty minutes, then drain.
- ☐ Place the soaked peas in a food processor and pulse a few times, just enough to loosen the skins. Cover with cold water and the skins should float to the top.
- ☐ Pour them away and discard.
- ☐ Transfer peas to large saucepan and cover with 1 quart of water. Bring to a boil then simmer until tender, about 30 minutes.
- ☐ Add rice to the pot and continue simmering, covered, for 15 minutes.
- ☐ In the meantime, combine the onion, pepper, and fish sauce in a blender and blend into a puree. Stir mixture into the pot and simmer until the rice is tender, adding more water if necessary. Stir in the oil and serve.

Nutrition Facts



Properties

Glycemic Index:43.55, Glycemic Load:25.14, Inflammation Score:-5, Nutrition Score:8.9978261253108%

Flavonoids

Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 2.79mg, Quercetin: 2.79mg, Quercetin: 2.79mg, Quercetin: 2.79mg

Nutrients (% of daily need)

Calories: 277.85kcal (13.89%), Fat: 6.16g (9.48%), Saturated Fat: 0.56g (3.51%), Carbohydrates: 47.74g (15.91%), Net Carbohydrates: 44.07g (16.02%), Sugar: 2.52g (2.8%), Cholesterol: 0mg (0%), Sodium: 905.1mg (39.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.27g (14.55%), Manganese: 0.75mg (37.57%), Folate: 100.92µg (25.23%), Fiber: 3.67g (14.67%), Magnesium: 52.06mg (13.01%), Selenium: 8.96µg (12.8%), Phosphorus: 125.96mg (12.6%),

Copper: 0.23mg (11.51%), Vitamin B6: 0.18mg (9.18%), Iron: 1.58mg (8.75%), Vitamin B1: 0.13mg (8.56%), Vitamin E: 1.17mg (7.81%), Zinc: 1.11mg (7.38%), Vitamin B5: 0.68mg (6.78%), Potassium: 226.81mg (6.48%), Vitamin B3: 1.21mg (6.04%), Vitamin C: 4.83mg (5.85%), Vitamin K: 5.18µg (4.93%), Vitamin B2: 0.06mg (3.37%), Calcium: 30.77mg (3.08%)