



WHATSheATE



Easy Coconut Rice and Black-Eyed Peas



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



5

CALORIES



284 kcal

SIDE DISH

Ingredients



1 cup brown rice



15.5 ounce black-eyed peas drained canned



0.5 cup coconut milk



2 cups water

Equipment



sauce pan

Directions

☐ In a saucepan, combine the coconut milk, water and black-eyed peas. Stir in rice. Bring to a boil, cover and reduce heat to low. Simmer until rice has absorbed all of the liquid, about 40 minutes.

Nutrition Facts



Properties

Glycemic Index:39.35, Glycemic Load:22, Inflammation Score:-6, Nutrition Score:16.023043464059%

Nutrients (% of daily need)

Calories: 284.03kcal (14.2%), Fat: 6.3g (9.7%), Saturated Fat: 4.6g (28.75%), Carbohydrates: 47.82g (15.94%), Net Carbohydrates: 40.82g (14.84%), Sugar: 2.9g (3.22%), Cholesterol: 0mg (0%), Sodium: 12.71mg (0.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.1g (20.2%), Manganese: 2.01mg (100.67%), Folate: 193.56µg (48.39%), Magnesium: 112.26mg (28.07%), Fiber: 7g (28.02%), Phosphorus: 259.11mg (25.91%), Vitamin B1: 0.34mg (22.63%), Copper: 0.41mg (20.32%), Iron: 3.64mg (20.2%), Vitamin B6: 0.29mg (14.38%), Zinc: 2.04mg (13.58%), Potassium: 395.88mg (11.31%), Vitamin B3: 2.22mg (11.08%), Vitamin B5: 0.96mg (9.63%), Calcium: 40.54mg (4.05%), Vitamin B2: 0.06mg (3.8%), Selenium: 2.2µg (3.14%), Vitamin E: 0.25mg (1.64%), Vitamin K: 1.49µg (1.42%)