



 **13%**  
HEALTH SCORE

## Jamaican Peas and Rice

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



155 min.

SERVINGS



8

CALORIES



570 kcal

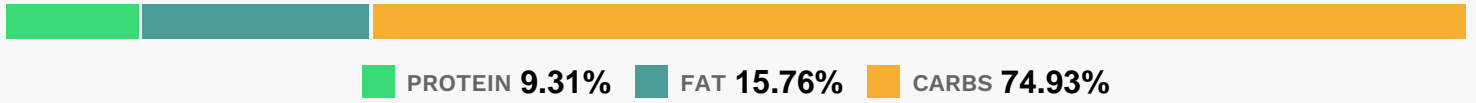
SIDE DISH

### Ingredients

- 8 servings pepper black freshly ground
- 1.5 teaspoons thyme sprigs fresh finely chopped
- 2 large garlic clove crushed
- 3 spring onion finely chopped
- 0.8 cup kidney beans dried red rinsed drained
- 2.5 cups rice long-grain
- 2.5 cups rice long-grain
- 1.3 cups coconut milk unsweetened

# Equipment

## Nutrition Facts



### Properties

Glycemic Index:37.3, Glycemic Load:58.75, Inflammation Score:-6, Nutrition Score:15.440434782609%

### Flavonoids

Cyanidin: 0.32mg, Cyanidin: 0.32mg, Cyanidin: 0.32mg, Cyanidin: 0.32mg Pelargonidin: 0.83mg, Pelargonidin: 0.83mg, Pelargonidin: 0.83mg, Pelargonidin: 0.83mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.49mg, Quercetin: 0.49mg, Quercetin: 0.49mg, Quercetin: 0.49mg

### Nutrients (% of daily need)

Calories: 569.6kcal (28.48%), Fat: 9.89g (15.22%), Saturated Fat: 8.15g (50.95%), Carbohydrates: 105.83g (35.28%), Net Carbohydrates: 100.67g (36.61%), Sugar: 1.87g (2.07%), Cholesterol: 0mg (0%), Sodium: 14.38mg (0.63%), Protein: 13.15g (26.3%), Manganese: 1.83mg (91.6%), Selenium: 20.47µg (29.25%), Phosphorus: 243.87mg (24.39%), Copper: 0.48mg (24.2%), Folate: 86.3µg (21.58%), Fiber: 5.16g (20.64%), Magnesium: 68.44mg (17.11%), Iron: 2.85mg (15.83%), Vitamin B6: 0.28mg (14.21%), Vitamin B5: 1.39mg (13.86%), Potassium: 485.06mg (13.86%), Zinc: 2.03mg (13.51%), Vitamin B1: 0.2mg (13.32%), Vitamin B3: 2.54mg (12.68%), Vitamin K: 10.61µg (10.11%), Calcium: 59.25mg (5.93%), Vitamin B2: 0.1mg (5.89%), Vitamin C: 3.51mg (4.25%), Vitamin E: 0.25mg (1.64%), Vitamin A: 63.3IU (1.27%)