

health-score 55%

Jamaican Rice and Peas

Vegetarian Vegan Gluten Free Dairy Free

READY IN

ready

115 min.

SERVINGS

servings

4

CALORIES

calories

562 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 sprigs thyme leaves fresh
- ☐ 2 cloves garlic smashed
- ☐ 3 green onions plus more for garnish thinly sliced
- ☐ 1.5 cups rice long grain
- ☐ 1.5 cups kidney beans dried red drained
- ☐ 4 servings salt and pepper freshly ground
- ☐ 1 scotch bonnet pepper chopped
- ☐ 0.5 cup coconut milk unsweetened

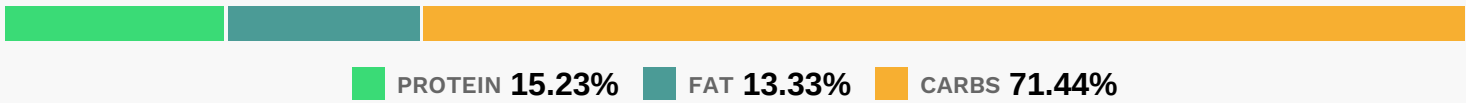
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ pot

Directions

- ☐ Place beans and garlic in a medium saucepan and cover with cold water. Bring to a simmer and cook until the beans are tender, about 1 to 1 1/2 hours. When the beans are tender, stir in the coconut milk, green onions, Scotch bonnet, and thyme, and increase the heat to a boil. Stir in the rice, add some salt and pepper, cover the pot, and cook until the rice is tender and has absorbed most of the liquid.
- ☐ Transfer to a large serving bowl, taste for seasoning, adding more salt and pepper if needed, and garnish with sliced green onions.

Nutrition Facts



Properties

Glycemic Index:62.55, Glycemic Load:45.54, Inflammation Score:-9, Nutrition Score:24.91347871656%

Flavonoids

Cyanidin: 1.28mg, Cyanidin: 1.28mg, Cyanidin: 1.28mg, Cyanidin: 1.28mg Pelargonidin: 3.33mg, Pelargonidin: 3.33mg, Pelargonidin: 3.33mg, Pelargonidin: 3.33mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.99mg, Quercetin: 0.99mg, Quercetin: 0.99mg, Quercetin: 0.99mg

Nutrients (% of daily need)

Calories: 561.62kcal (28.08%), Fat: 8.38g (12.89%), Saturated Fat: 6.57g (41.06%), Carbohydrates: 100.98g (33.66%), Net Carbohydrates: 88.52g (32.19%), Sugar: 2.89g (3.21%), Cholesterol: 0mg (0%), Sodium: 212.03mg (9.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.53g (43.06%), Manganese: 1.85mg (92.69%), Folate: 288.93µg (72.23%), Fiber: 12.46g (49.83%), Phosphorus: 397.42mg (39.74%), Copper: 0.73mg (36.71%), Iron: 5.98mg (33.22%), Potassium: 1139.9mg (32.57%), Vitamin B1: 0.49mg (32.4%), Magnesium: 127.62mg (31.9%), Vitamin K: 22.97µg (21.88%), Vitamin B6: 0.44mg (21.85%), Selenium: 14.82µg (21.18%), Zinc: 2.96mg (19.7%), Vitamin B3: 2.9mg (14.48%), Vitamin C: 10.9mg (13.21%), Vitamin B5: 1.32mg (13.2%), Vitamin B2: 0.2mg (11.58%),

Calcium: 94.2mg (9.42%), Vitamin A: 149.3IU (2.99%), Vitamin E: 0.33mg (2.23%)