



 **10%**
HEALTH SCORE

Jamaican Rice and Peas

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



620 kcal

SIDE DISH

Ingredients

- 1 coconut or
- 1 scotch bonnet peppers whole green
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- 5 teaspoons kosher salt
- 6.5 ounces kidney beans dried red
- 4 cups rice long-grain (not converted)
- 4 cups rice long-grain (not converted)
- 2 spring onion whole trimmed

- 2 thyme sprigs fresh
- 2 cups water
- 5 cups water

Equipment

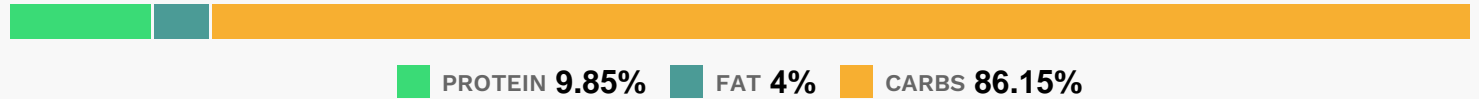
- bowl
- sauce pan
- oven
- knife
- sieve
- blender
- peeler
- metal skewers
- cleaver

Directions

- Simmer kidney beans in 4 cups water in a 5-quart saucepan, covered, until beans are almost tender, about 1 1/4 hours (do not drain).
- Meanwhile, preheat oven to 400°F.
- Pierce 2 softest eyes of coconut with a metal skewer or small screwdriver and drain liquid.
- Bake coconut on middle of oven 15 minutes. With a hammer or back of a heavy cleaver, break shell and remove flesh, levering it out carefully with screwdriver or point of a strong knife.
- Remove brown membrane with a sharp paring knife or vegetable peeler, then cut coconut into small pieces.
- Purée coconut with hot water in a blender and transfer to a bowl (use caution when blending hot liquids). Cool purée to lukewarm and pour through a fine-mesh sieve into a bowl, pressing hard on solids. Working over same bowl, squeeze small handfuls of solids to extract as much additional milk as possible.
- Add water if necessary to total 2 cups liquid.

- Stir coconut milk into almost-tender beans along with salt, scallions, thyme, and chile, then simmer, covered, 15 minutes.
- Add 5 cups water and bring to a boil. Stir in rice and return to a boil, then cover. Reduce heat to low and cook until water is absorbed and rice is tender, about 20 minutes.
- Remove from heat and let stand, covered, 10 minutes, then fluff with a fork. Discard scallions, thyme, and chile.

Nutrition Facts



Properties

Glycemic Index:33.64, Glycemic Load:74.5, Inflammation Score:-5, Nutrition Score:16.114782608696%

Flavonoids

Cyanidin: 0.34mg, Cyanidin: 0.34mg, Cyanidin: 0.34mg, Cyanidin: 0.34mg Pelargonidin: 0.89mg, Pelargonidin: 0.89mg, Pelargonidin: 0.89mg, Pelargonidin: 0.89mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg

Nutrients (% of daily need)

Calories: 620kcal (31%), Fat: 2.7g (4.15%), Saturated Fat: 1.63g (10.21%), Carbohydrates: 130.71g (43.57%), Net Carbohydrates: 125.46g (45.62%), Sugar: 1.01g (1.12%), Cholesterol: 0mg (0%), Sodium: 1182.11mg (51.4%), Protein: 14.95g (29.89%), Manganese: 1.9mg (94.82%), Selenium: 23.42µg (33.46%), Copper: 0.51mg (25.35%), Phosphorus: 252.06mg (25.21%), Folate: 87.7µg (21.92%), Fiber: 5.25g (21%), Magnesium: 66.82mg (16.7%), Vitamin B5: 1.66mg (16.65%), Vitamin B6: 0.33mg (16.53%), Zinc: 2.21mg (14.76%), Vitamin B1: 0.22mg (14.76%), Iron: 2.63mg (14.59%), Vitamin B3: 2.82mg (14.11%), Potassium: 451.17mg (12.89%), Vitamin B2: 0.12mg (6.92%), Calcium: 65.87mg (6.59%), Vitamin K: 6.44µg (6.13%), Vitamin C: 4.62mg (5.6%), Vitamin E: 0.24mg (1.6%), Vitamin A: 52.47IU (1.05%)