



WHATSheATE



Jamaican Rice and Peas



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



678 kcal

SIDE DISH

Ingredients

- ☐ 1 tablespoon butter
- ☐ 15.5 oz kidney beans red drained and rinsed canned
- ☐ 5.5 cups coconut milk
- ☐ 0.5 teaspoon thyme leaves fresh
- ☐ 2 garlic cloves minced
- ☐ 1 habanero pepper finely chopped
- ☐ 1 tablespoon olive oil
- ☐ 1.5 cups rice

- ☐ 6 servings salt and pepper
- ☐ 3 scallions chopped
- ☐ 2 cups water

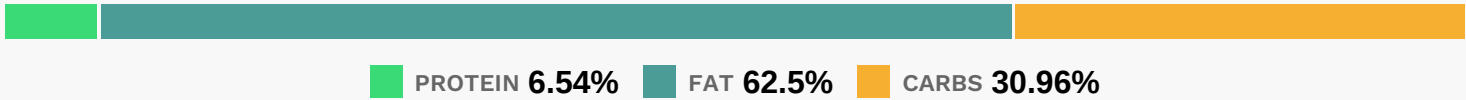
Equipment

- ☐ pot

Directions

- ☐ Heat the olive oil in a medium pot.
- ☐ Add the scallions and cook about 3 minutes.
- ☐ Add the garlic and habanero and cook for 2 minutes more.
- ☐ Add the rice and stir until well combined.
- ☐ Add the beans, salt, pepper, water, coconut milk, butter and thyme. Bring to a boil, then reduce the heat to low, cover the pot and let it simmer over low heat for about 35 minutes or until all the liquid is absorbed.Fluff with a fork and serve warm.

Nutrition Facts



Properties

Glycemic Index:68.7, Glycemic Load:31.78, Inflammation Score:-6, Nutrition Score:17.986086796483%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.66mg, Quercetin: 0.66mg, Quercetin: 0.66mg

Nutrients (% of daily need)

Calories: 677.85kcal (33.89%), Fat: 49.01g (75.4%), Saturated Fat: 40.85g (255.3%), Carbohydrates: 54.62g (18.21%), Net Carbohydrates: 49.91g (18.15%), Sugar: 1.65g (1.83%), Cholesterol: 5.02mg (1.67%), Sodium: 430.81mg (18.73%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.54g (23.08%), Manganese: 2.34mg (117.01%), Iron: 8.29mg (46.05%), Copper: 0.7mg (34.76%), Phosphorus: 334.9mg (33.49%), Magnesium: 131.77mg (32.94%), Potassium: 726.94mg (20.77%), Fiber: 4.71g (18.83%), Vitamin K: 17.29µg (16.46%), Zinc: 2.17mg (14.47%), Folate:

56.14µg (14.04%), Vitamin B3: 2.48mg (12.42%), Selenium: 8µg (11.43%), Vitamin B6: 0.22mg (10.88%), Vitamin B1: 0.16mg (10.82%), Vitamin B5: 0.9mg (8.98%), Vitamin C: 6.76mg (8.19%), Calcium: 81.59mg (8.16%), Vitamin B2: 0.08mg (4.74%), Vitamin E: 0.5mg (3.34%), Vitamin A: 142.01IU (2.84%)