



 **42%**
HEALTH SCORE

Jamaican Rice With 'peas'

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



1277 kcal

LUNCH

MAIN COURSE

MAIN DISH

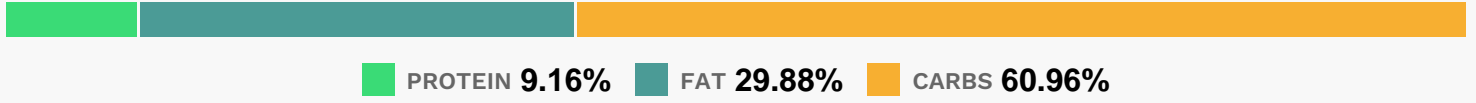
DINNER

Ingredients

- 800 ml coconut milk
- 4 garlic clove (squashed)
- 500 g kidney beans
- 400 g rice long grain
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- 1 small to 5 chilies red
- 2 spring onion sliced ()
- 2 teaspoons thyme leaves chopped

Equipment

Nutrition Facts



Properties

Glycemic Index:100.66, Glycemic Load:108.26, Inflammation Score:-9, Nutrition Score:32.50347826087%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.46mg, Myricetin: 0.46mg, Myricetin: 0.46mg, Myricetin: 0.46mg Quercetin: 9.22mg, Quercetin: 9.22mg, Quercetin: 9.22mg

Nutrients (% of daily need)

Calories: 1277.02kcal (63.85%), Fat: 42.79g (65.83%), Saturated Fat: 36.6g (228.76%), Carbohydrates: 196.44g (65.48%), Net Carbohydrates: 184.06g (66.93%), Sugar: 1.41g (1.56%), Cholesterol: 0mg (0%), Sodium: 39.91mg (1.74%), Protein: 29.52g (59.05%), Manganese: 4.34mg (216.87%), Iron: 12.01mg (66.72%), Phosphorus: 603.61mg (60.36%), Copper: 1.2mg (60.13%), Folate: 212.21µg (53.05%), Magnesium: 200.27mg (50.07%), Fiber: 12.38g (49.51%), Selenium: 32.22µg (46.03%), Potassium: 1224.96mg (35%), Vitamin B6: 0.63mg (31.64%), Zinc: 4.69mg (31.29%), Vitamin C: 23.24mg (28.17%), Vitamin B3: 5.35mg (26.75%), Vitamin B1: 0.4mg (26.66%), Vitamin B5: 2.64mg (26.44%), Vitamin K: 24.75µg (23.57%), Calcium: 140.76mg (14.08%), Vitamin B2: 0.19mg (11.35%), Vitamin A: 214.7IU (4.29%), Vitamin E: 0.37mg (2.47%)