



## Pigeon Pea Rice

☒ Vegetarian ☒ Vegan ☒ Gluten Free ☒ Dairy Free

READY IN

ready

270 min.

SERVINGS

servings

12

CALORIES

calories

284 kcal

SIDE DISH

## Ingredients

- ☐ 2 tablespoons achiote/annatto seeds
- ☐ 3 bay leaves
- ☐ 1 teaspoon cayenne pepper
- ☐ 1 pound goya pigeon peas dried rinsed
- ☐ 5 garlic cloves minced unpeeled
- ☐ 1 bell pepper diced green cored
- ☐ 1 teaspoon ground coriander
- ☐ 1 teaspoon ground cumin

- ☐ 1 juice of lime juiced
- ☐ 2 cups rice long-grain
- ☐ 1 tablespoon salt
- ☐ 1 cup vegetable oil
- ☐ 3 quarts water
- ☐ 1 medium onion diced white

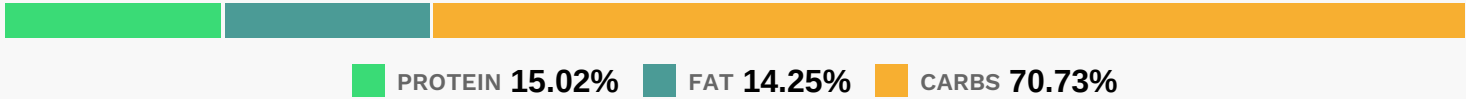
## Equipment

- ☐ frying pan
- ☐ oven
- ☐ pot
- ☐ dutch oven

## Directions

- ☐ Put the pigeon peas, bay leaves, and garlic in a large pot, cover with 3 quarts of cold water, and place over medium heat. Cover and cook the beans until tender, about 1 1/2 hours. Check the water periodically; add more, if necessary, to keep the peas covered.
- ☐ Drain the pigeon peas and reserve 4 cups of the cooking liquid.
- ☐ Preheat the oven to 375 degrees F.
- ☐ Coat a large Dutch oven or other ovenproof pot with the achiote oil and place over medium heat. When the oil begins to smoke, add the onion, minced garlic, and peppers. Cook, stirring, for 10 minutes, until the vegetables have softened, without letting them brown. Stir in the cumin, coriander, and cayenne.
- ☐ Mix in the rice and stir.
- ☐ Add the reserved pigeon peas cooking liquid and stir.
- ☐ Add the peas, salt and lime juice. Top with a lid and place into the oven. Continue to cook until the liquid is evaporated, about 20 to 30 minutes, until the rice is tender and the liquid is absorbed.
- ☐ To make the achiote oil, pour the oil and achiote seeds in a pot or skillet. Cook over medium-low heat for 5 to 10 minutes; the oil will be reddish-orange from the achiote. Strain the oil and discard the achiote seeds.

# Nutrition Facts



## Properties

Glycemic Index:13.77, Glycemic Load:15.19, Inflammation Score:-6, Nutrition Score:14.17173910141%

## Flavonoids

Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.11mg, Quercetin: 2.11mg, Quercetin: 2.11mg, Quercetin: 2.11mg

## Nutrients (% of daily need)

Calories: 284.18kcal (14.21%), Fat: 4.53g (6.97%), Saturated Fat: 0.76g (4.72%), Carbohydrates: 50.6g (16.87%), Net Carbohydrates: 44.03g (16.01%), Sugar: 0.74g (0.82%), Cholesterol: 0mg (0%), Sodium: 602.49mg (26.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.75g (21.5%), Manganese: 1.07mg (53.67%), Folate: 178.09µg (44.52%), Fiber: 6.57g (26.28%), Copper: 0.52mg (26.2%), Magnesium: 83.13mg (20.78%), Vitamin B1: 0.28mg (18.64%), Phosphorus: 183.12mg (18.31%), Potassium: 609mg (17.4%), Iron: 2.47mg (13.71%), Vitamin C: 9.98mg (12.09%), Selenium: 8.05µg (11.5%), Vitamin B6: 0.21mg (10.62%), Zinc: 1.47mg (9.8%), Vitamin B3: 1.71mg (8.55%), Vitamin B5: 0.82mg (8.23%), Calcium: 74.13mg (7.41%), Vitamin K: 7.66µg (7.3%), Vitamin B2: 0.1mg (5.62%), Vitamin E: 0.43mg (2.88%), Vitamin A: 121.83IU (2.44%)