



Pigeon Pea Rice (Arroz de Gandules)



Vegetarian



Gluten Free



Dairy Free

READY IN



130 min.

SERVINGS



6

CALORIES



570 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons achiote/annatto seeds
- ☐ 2 bay leaves
- ☐ 1 bell pepper diced green italian cored
- ☐ 0.5 teaspoon cayenne
- ☐ 0.5 cup chicken broth
- ☐ 1 pound goya pigeon peas dried rinsed
- ☐ 2 garlic cloves minced
- ☐ 1 bell pepper diced green cored

- ☐ 0.5 teaspoon ground coriander
- ☐ 0.5 teaspoon ground cumin
- ☐ 0.5 juice of lime juiced
- ☐ 2 cups rice long-grain
- ☐ 1 tablespoon salt
- ☐ 1 cup vegetable oil
- ☐ 1 medium onion diced white

Equipment

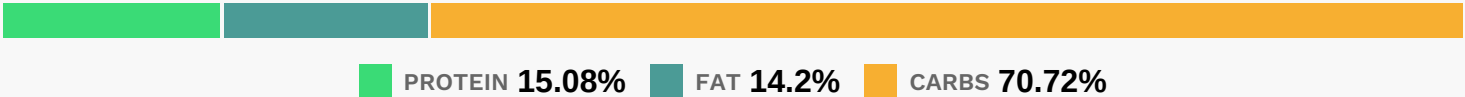
- ☐ frying pan
- ☐ oven
- ☐ pot
- ☐ dutch oven

Directions

- ☐ Put the pigeon peas and bay leaves 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 350 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, garlic, and peppers. Cook, stirring, for 10 minutes, until the vegetables have softened, without letting them brown.
- ☐ Pour in the chicken broth and continue to cook until the liquid is evaporated. Stir in the cumin, coriander, and cayenne.
- ☐ Mix in the rice and reserved pigeon peas.
- ☐ Pour in the reserved 4 cups of pigeon pea cooking liquid, lime juice, and salt; stir everything together. Cover and bake for 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,

discard the achiote seeds and set aside to cool.

Nutrition Facts



Properties

Glycemic Index:32.86, Glycemic Load:30.47, Inflammation Score:-9, Nutrition Score:29.942173743054%

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: 1.06mg, Luteolin: 1.06mg, Luteolin: 1.06mg, Luteolin: 1.06mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 4.24mg, Quercetin: 4.24mg, Quercetin: 4.24mg, Quercetin: 4.24mg

Nutrients (% of daily need)

Calories: 570.13kcal (28.51%), Fat: 9.06g (13.94%), Saturated Fat: 1.51g (9.46%), Carbohydrates: 101.5g (33.83%), Net Carbohydrates: 88.13g (32.05%), Sugar: 2.32g (2.58%), Cholesterol: 0.39mg (0.13%), Sodium: 1254.07mg (54.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.64g (43.29%), Manganese: 2.14mg (106.95%), Folate: 364.79µg (91.2%), Fiber: 13.38g (53.52%), Vitamin C: 43.94mg (53.26%), Copper: 0.97mg (48.48%), Magnesium: 162.09mg (40.52%), Vitamin B1: 0.57mg (37.9%), Phosphorus: 367.51mg (36.75%), Potassium: 1245.9mg (35.6%), Iron: 4.85mg (26.93%), Vitamin B6: 0.46mg (22.9%), Selenium: 15.92µg (22.74%), Zinc: 2.92mg (19.44%), Vitamin B3: 3.62mg (18.09%), Vitamin B5: 1.7mg (16.98%), Vitamin A: 791.16IU (15.82%), Vitamin K: 16.11µg (15.35%), Calcium: 130.05mg (13.01%), Vitamin B2: 0.21mg (12.63%), Vitamin E: 1.12mg (7.48%)