



 **52%**
HEALTH SCORE

Rice and Peas with Coconut Curry Mackerel

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



4

CALORIES



628 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 cups coconut milk
- 1 tablespoon cornstarch
- 2 tablespoons curry powder
- 1 clove garlic chopped ()
- 4 servings seasoning cubes
- 1 medium piece mackerel chopped (in 4 pieces)
- 0.5 onion
- 0.5 cup kidney beans red

- 1 cup rice
- 3 scotch bonnet peppers
- 3 scotch bonnet peppers

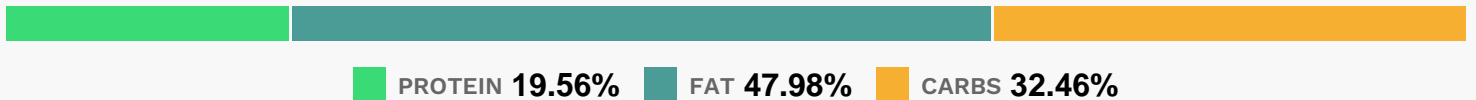
Equipment

- pot

Directions

- Pour 1 cup of coconut milk in a pot with 1 seasoning cube and allow to boil for a minute.
- Pour in your rice and peas in the boiling coconut milk and pour 2 cups of water and leave to boil till the rice and peas are soft on low heat. In a separate pot, season and bring the mackerel to boil in the rest of the coconut milk, curry powder and some water. Toss in the chopped onion, scotch bonnet peppers and garlic and allow to simmer on medium heat. Once the fish is cooked, add the corn starch to thicken the sauce and allow to simmer for 4 minutes on low heat.
- Serve with the rice and peas

Nutrition Facts



Properties

Glycemic Index:85.37, Glycemic Load:27.29, Inflammation Score:-6, Nutrition Score:31.484782608696%

Flavonoids

Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 4.31mg, Quercetin: 4.31mg, Quercetin: 4.31mg, Quercetin: 4.31mg

Nutrients (% of daily need)

Calories: 628.33kcal (31.42%), Fat: 33.93g (52.2%), Saturated Fat: 24.08g (150.51%), Carbohydrates: 51.64g (17.21%), Net Carbohydrates: 47.91g (17.42%), Sugar: 1.61g (1.79%), Cholesterol: 53.41mg (17.8%), Sodium: 131mg (5.7%), Protein: 31.12g (62.24%), Manganese: 1.68mg (84.08%), Vitamin B12: 4.95µg (82.5%), Selenium: 49.13µg (70.19%), Vitamin D: 10.24µg (68.25%), Vitamin B3: 11.26mg (56.3%), Iron: 7.15mg (39.75%), Phosphorus: 356.03mg (35.6%), Vitamin C: 26.79mg (32.48%), Vitamin B6: 0.64mg (32.07%), Vitamin B2: 0.54mg (31.47%), Magnesium: 117.69mg (29.42%), Copper: 0.56mg (28.22%), Potassium: 965.43mg (27.58%), Vitamin B1: 0.24mg (16.25%), Zinc: 2.32mg

(15.47%), Folate: 61.24µg (15.31%), Fiber: 3.73g (14.91%), Vitamin E: 1.95mg (12.99%), Vitamin B5: 1.1mg (10.98%), Calcium: 86.36mg (8.64%), Vitamin K: 7.18µg (6.84%), Vitamin A: 242.47IU (4.85%)