



Rice and Pigeon Peas



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



318 kcal

SIDE DISH

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 3 ounces canadian bacon chopped
- ☐ 2 tablespoons flat-leaf parsley fresh chopped
- ☐ 2 garlic cloves minced
- ☐ 2 tablespoons green onions finely chopped
- ☐ 0.5 teaspoon ground cumin
- ☐ 1 tablespoon olive oil
- ☐ 1 teaspoon olive oil

- ☐ 1 cup onion chopped
- ☐ 15 ounce goya pigeon peas green drained canned
- ☐ 1.5 cups parboiled rice long-grain uncooked (such as Uncle Ben's)
- ☐ 0.5 teaspoon salt
- ☐ 2 cups water

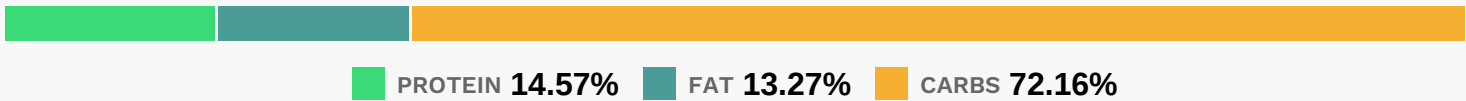
Equipment

- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ Bring water to a boil in a medium saucepan.
- ☐ Add rice, 1 teaspoon oil, and salt; cover, reduce heat, and simmer 20 minutes or until liquid is absorbed.
- ☐ Heat 1 tablespoon oil in a large nonstick skillet over medium heat.
- ☐ Add onion, bacon, and garlic; cook 10 minutes or until lightly browned, stirring occasionally. Stir in rice, chopped green onions, cumin, pepper, and peas; cook 8 minutes or until thoroughly heated. Stir in parsley.
- ☐ Garnish with green onions, if desired.

Nutrition Facts



Properties

Glycemic Index:40.2, Glycemic Load:25.55, Inflammation Score:-5, Nutrition Score:12.772173980008%

Flavonoids

Apigenin: 2.88mg, Apigenin: 2.88mg, Apigenin: 2.88mg, Apigenin: 2.88mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg Quercetin: 5.65mg, Quercetin: 5.65mg, Quercetin: 5.65mg, Quercetin: 5.65mg

Nutrients (% of daily need)

Calories: 317.66kcal (15.88%), Fat: 4.65g (7.16%), Saturated Fat: 0.89g (5.56%), Carbohydrates: 56.93g (18.98%), Net Carbohydrates: 50.95g (18.53%), Sugar: 1.26g (1.4%), Cholesterol: 7.09mg (2.36%), Sodium: 334.41mg (14.54%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.49g (22.99%), Manganese: 0.95mg (47.27%), Vitamin K: 28.26µg (26.92%), Fiber: 5.98g (23.92%), Folate: 91.39µg (22.85%), Selenium: 12.89µg (18.41%), Phosphorus: 183.84mg (18.38%), Vitamin B1: 0.26mg (17.34%), Copper: 0.33mg (16.61%), Magnesium: 52.25mg (13.06%), Potassium: 435.22mg (12.43%), Vitamin B3: 2.25mg (11.26%), Vitamin B6: 0.21mg (10.73%), Zinc: 1.44mg (9.58%), Iron: 1.58mg (8.8%), Vitamin B5: 0.82mg (8.17%), Calcium: 60.59mg (6.06%), Vitamin B2: 0.1mg (5.94%), Vitamin C: 4.45mg (5.39%), Vitamin E: 0.55mg (3.65%), Vitamin A: 138.04IU (2.76%), Vitamin D: 0.4µg (2.65%), Vitamin B12: 0.09µg (1.58%)