



 **17%**  
HEALTH SCORE

## Rice & Pea's from My House to Yours!

 **Vegetarian**  **Vegan**  **Gluten Free**  **Dairy Free**

READY IN



**45 min.**

SERVINGS



**6**

CALORIES



**713 kcal**

**SIDE DISH**

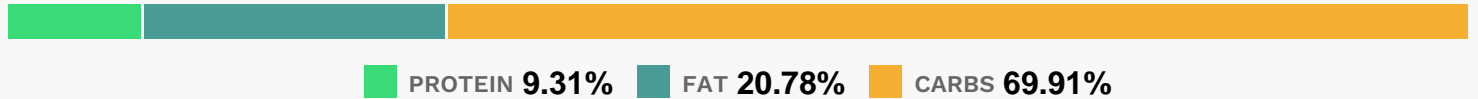
## Ingredients

- 1 teaspoon pepper black
- 8 ounces blackeyed peas canned drained
- 13.5 ounce coconut milk canned
- 8 ounces pigeon peas canned drained
- 1.5 teaspoons thyme sprigs fresh
- 1 teaspoon garlic salt
- 2 spring onion diced
- 0.3 scotch bonnet peppers finely chopped

- 0.3 scotch bonnet peppers finely chopped
- 2 cups rice long-grain
- 2 cups rice long-grain
- 0.5 teaspoon sea salt
- 1 large onion diced sweet
- 1 teaspoon paprika sweet
- 1 large tomatoes diced
- 2 cups water

## Equipment

## Nutrition Facts



## Properties

Glycemic Index:72.9, Glycemic Load:63.41, Inflammation Score:-8, Nutrition Score:21.662173913043%

## Flavonoids

Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Kaempferol: 0.71mg, Kaempferol: 0.71mg, Kaempferol: 0.71mg, Kaempferol: 0.71mg Myricetin: 0.67mg, Myricetin: 0.67mg, Myricetin: 0.67mg, Myricetin: 0.67mg Quercetin: 8.61mg, Quercetin: 8.61mg, Quercetin: 8.61mg, Quercetin: 8.61mg

## Nutrients (% of daily need)

Calories: 713.47kcal (35.67%), Fat: 16.52g (25.41%), Saturated Fat: 13.79g (86.18%), Carbohydrates: 125g (41.67%), Net Carbohydrates: 115.76g (42.09%), Sugar: 7.27g (8.07%), Cholesterol: 0mg (0%), Sodium: 611.43mg (26.58%), Protein: 16.64g (33.28%), Manganese: 2.44mg (121.87%), Folate: 161.09µg (40.27%), Fiber: 9.24g (36.98%), Copper: 0.72mg (35.99%), Selenium: 24.96µg (35.66%), Phosphorus: 335.68mg (33.57%), Magnesium: 103.92mg (25.98%), Iron: 3.89mg (21.61%), Potassium: 726.28mg (20.75%), Vitamin B6: 0.39mg (19.63%), Zinc: 2.78mg (18.52%), Vitamin B1: 0.27mg (18.19%), Vitamin B5: 1.74mg (17.44%), Vitamin B3: 3.27mg (16.36%), Vitamin C: 11.49mg (13.93%), Vitamin K: 12.6µg (12%), Vitamin A: 497.6IU (9.95%), Calcium: 94.12mg (9.41%), Vitamin B2: 0.13mg (7.72%), Vitamin E: 0.64mg (4.27%)