



 **93%**  
HEALTH SCORE

## Tex-Mex Rice and Black-Eyed Peas

 Vegetarian  Gluten Free  Very Healthy

READY IN



30 min.

SERVINGS



4

CALORIES



651 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 avocado pitted halved sliced
- 3 cups baby spinach
- 28 ounce black-eyed peas drained and rinsed undrained canned (1; 1)
- 0.3 cup cilantro leaves fresh chopped
- 0.5 teaspoon ground cumin
- 1 tablespoon olive oil extra-virgin
- 1 cup salsa fresh plus more for topping
- 1 cup cheddar cheese shredded

1 cup rice white

## Equipment

bowl

sauce pan

## Directions

Cook the rice as the label directs. Meanwhile, heat the olive oil in a medium saucepan over medium-high heat.

Add the salsa and cumin and cook, stirring, until the salsa is soft, about 5 minutes.

Add the black-eyed peas, plus the liquid from one of the cans and 1/4 cup water. Cook, stirring occasionally, until the beans are creamy and tender, about 12 minutes.

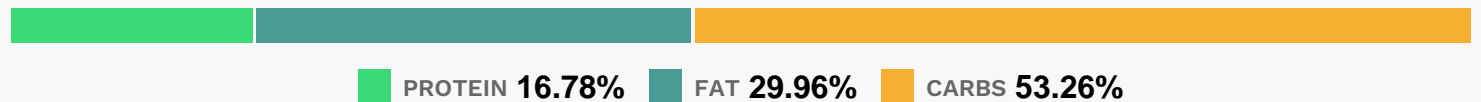
Fluff the rice with a fork and divide among bowls.

Add the spinach and cilantro to the black-eyed pea mixture and stir until wilted, about 1 minute; spoon evenly over the rice. Top each serving with a few avocado slices, some cheese and more salsa.

Serve with sour cream or Greek yogurt, if desired.

Photograph by Antonis Achilleos

## Nutrition Facts



## Properties

Glycemic Index:59.55, Glycemic Load:34.52, Inflammation Score:-10, Nutrition Score:38.999565077865%

## Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Kaempferol: 1.44mg, Kaempferol: 1.44mg, Kaempferol: 1.44mg, Kaempferol: 1.44mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 1.42mg, Quercetin: 1.42mg, Quercetin: 1.42mg, Quercetin: 1.42mg

## Nutrients (% of daily need)

Calories: 650.8kcal (32.54%), Fat: 22.12g (34.03%), Saturated Fat: 7.37g (46.04%), Carbohydrates: 88.5g (29.5%), Net Carbohydrates: 69.91g (25.42%), Sugar: 9.61g (10.68%), Cholesterol: 28.25mg (9.42%), Sodium: 643.65mg (27.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.87g (55.74%), Folate: 510µg (127.5%), Vitamin K: 131.28µg (125.02%), Manganese: 1.81mg (90.39%), Fiber: 18.59g (74.35%), Vitamin A: 2878.68IU (57.57%), Phosphorus: 551.83mg (55.18%), Magnesium: 167.64mg (41.91%), Copper: 0.81mg (40.72%), Iron: 6.76mg (37.55%), Vitamin B1: 0.52mg (34.51%), Potassium: 1173.3mg (33.52%), Zinc: 4.69mg (31.26%), Calcium: 309.84mg (30.98%), Selenium: 20.97µg (29.96%), Vitamin B6: 0.58mg (29.19%), Vitamin E: 3.65mg (24.3%), Vitamin B2: 0.39mg (22.79%), Vitamin B5: 2.25mg (22.51%), Vitamin B3: 3.52mg (17.62%), Vitamin C: 13.67mg (16.56%), Vitamin B12: 0.3µg (4.99%), Vitamin D: 0.17µg (1.13%)