



**Arroz Con Gandules– Rice with Green Pigeon Peas**



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## Arroz Con Gandules– Rice with Green Pigeon Peas

made with rice, water, tomato sauce, pigeon peas, garlic cloves, green peppers, onions, bacon and Sazon Goya

<b>Nutrition Facts/Datos de Nutrición</b>	
Serv. Size/Tamaño por Ración 1 cup (228 g)	
Servings/Raciones por Envase	
Amount Per Serving/Cantidad por Ración	
<b>Calories/Calorías</b> 395.8	Fat cal./Calorías de Grasa 33
% Daily Value*/% Valor Diario*	
<b>Total Fat/Grasa Total</b> 3.6 g	5%
Saturated Fat/Grasa Saturada 1.1 g	5%
Trans Fat/Grasa Trans 0 g	
Polyunsat. Fat/ Grasa Poliinsat. 1 g	
Monounsat. Fat/Grasa Monoinsat. 1 g	
<b>Cholesterol/Colesterol</b> 3.8 mg	1%
<b>Sodium/Sodio</b> 139.4 mg	5%
<b>Potassium/Potasio</b> 872 mg	
<b>Total Carb./Carbohidrato Total</b> 74.9 g	24%
Fiber/Fibra 9.2 g	36%
Sugars/Azúcares 39.3g	
<b>Protein/Proteínas</b> 15.8 g	

Foods can be prepared in different ways.

We can not guarantee complete accuracy of label /ingredients listed.

Nutrient Facts: <http://www.food.com/recipe/arroz-con-gandules-130998>  
 Photo: <http://food.sndimg.com/img/recipes/13/09/98/large/pic34jaTA.jpg>

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