



A for Good Luck: Black-eyed Pea Cakes with Collard Greens and Sweet Potatoes



Gluten Free



Dairy Free



Popular

READY IN



935 min.

SERVINGS



8

CALORIES



218 kcal

SIDE DISH

Ingredients

- ☐ 2 tablespoons arrowroot powder
- ☐ 6 slices bacon
- ☐ 4 tablespoons bacon fat divided ()
- ☐ 0.3 teaspoon baking soda
- ☐ 0.5 pound black-eyed peas dry
- ☐ 0.3 teaspoon cayenne pepper
- ☐ 2 cups collard greens finely chopped

- ☐ 1 tablespoon olive oil
- ☐ 0.5 teaspoon unrefined sea salt
- ☐ 0.5 teaspoon paprika smoked
- ☐ 1 medium garnet yam peeled chopped (and into)
- ☐ 1 small onion yellow finely chopped ()

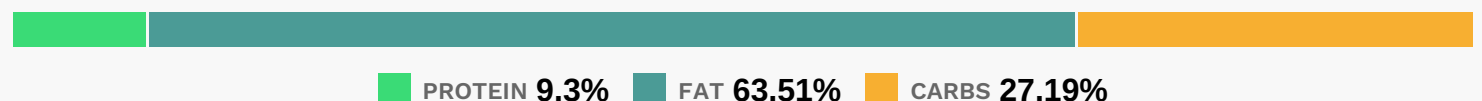
Equipment

- ☐ food processor
- ☐ frying pan
- ☐ mixing bowl
- ☐ pot

Directions

- ☐ Pour the black-eyed peas into a large mixing bowl, stir in a pinch of baking soda and cover with warm water by two inches. Allow the peas to soak for 12 to 18 hours, then drain, rinse well and set the peas to boil in a large pot until soft – about 1 hour.
- ☐ Drain them once more, and set them aside. Toss sweet potato with oil and roast at 425 F for 45 minutes, until tender. Turn once or twice. While the peas boil and the potatoes roast, melt 2 tablespoons bacon fat in a cast iron skillet over medium heat. Stir in onions and fry until translucent and fragrant – 3 to 5 minutes. Stir in greens and continue cooking until tender – about 8 minutes.
- ☐ Combine peas, collards and onions with arrowroot powder, paprika, cayenne and salt in a food processor and process until they form a uniform mash. Fold in the roasted sweet potato. Take the mash by hand and form it into 6 patties about 4 inches in diameter and 1/2-inch thick. Wrap them in bacon. Melt remaining 2 tablespoons bacon fat in a cast-iron skillet. Fry the patties in batches, about 5 minutes on each side.
- ☐ Serve hot with a good sauce, gravy or mayonnaise.

Nutrition Facts



Properties

Glycemic Index:32.25, Glycemic Load:6.09, Inflammation Score:-10, Nutrition Score:11.836521946866%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg Kaempferol: 0.85mg, Kaempferol: 0.85mg, Kaempferol: 0.85mg, Kaempferol: 0.85mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.01mg, Quercetin: 2.01mg, Quercetin: 2.01mg, Quercetin: 2.01mg

Nutrients (% of daily need)

Calories: 218.32kcal (10.92%), Fat: 15.52g (23.88%), Saturated Fat: 5.22g (32.65%), Carbohydrates: 14.95g (4.98%), Net Carbohydrates: 11.62g (4.23%), Sugar: 2.55g (2.83%), Cholesterol: 17.54mg (5.85%), Sodium: 318mg (13.83%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.12g (10.23%), Vitamin A: 4557.64IU (91.15%), Vitamin K: 41.56µg (39.58%), Folate: 75.61µg (18.9%), Manganese: 0.29mg (14.64%), Fiber: 3.33g (13.31%), Vitamin B1: 0.13mg (8.96%), Phosphorus: 86.73mg (8.67%), Vitamin B6: 0.16mg (8.05%), Potassium: 243.01mg (6.94%), Magnesium: 27.75mg (6.94%), Copper: 0.14mg (6.76%), Selenium: 4.37µg (6.24%), Iron: 1.06mg (5.9%), Vitamin C: 4.66mg (5.65%), Vitamin B3: 1.06mg (5.28%), Vitamin E: 0.78mg (5.19%), Vitamin B5: 0.47mg (4.75%), Zinc: 0.7mg (4.64%), Calcium: 40.28mg (4.03%), Vitamin B2: 0.06mg (3.67%), Vitamin D: 0.24µg (1.61%), Vitamin B12: 0.08µg (1.38%)