



A Mess of Peas



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



12

CALORIES



150 kcal

SIDE DISH

Ingredients

- ☐ 8 cups field peas fresh
- ☐ 1 teaspoon pepper
- ☐ 1 teaspoon salt
- ☐ 8 ounce ham hock smoked
- ☐ 1 teaspoon sugar
- ☐ 4 to 6 peppers in vinegar hot drained
- ☐ 1 quart water

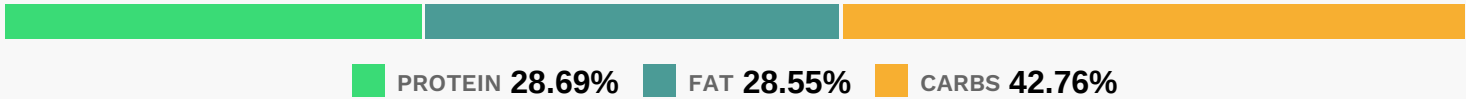
Equipment

☐ dutch oven

Directions

- ☐ Bring 1 quart water and smoked ham hock to a boil in a large Dutch oven over medium-high heat. Reduce heat to low, and simmer 30 minutes. Stir in peas and remaining ingredients; cover and simmer 25 to 30 minutes or until peas are done.
- ☐ Note: For testing purposes only, we used a variety of peas.

Nutrition Facts



Properties

Glycemic Index:13.04, Glycemic Load:4.1, Inflammation Score:-7, Nutrition Score:13.677391166272%

Flavonoids

Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Luteolin: 1.87mg, Luteolin: 1.87mg, Luteolin: 1.87mg, Luteolin: 1.87mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.88mg, Quercetin: 0.88mg, Quercetin: 0.88mg

Nutrients (% of daily need)

Calories: 149.93kcal (7.5%), Fat: 4.81g (7.4%), Saturated Fat: 1.7g (10.63%), Carbohydrates: 16.2g (5.4%), Net Carbohydrates: 9.97g (3.63%), Sugar: 6.77g (7.52%), Cholesterol: 20.6mg (6.87%), Sodium: 251.04mg (10.91%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.87g (21.74%), Vitamin C: 70.56mg (85.53%), Vitamin K: 27.18µg (25.89%), Fiber: 6.23g (24.91%), Manganese: 0.47mg (23.32%), Vitamin B1: 0.28mg (18.66%), Vitamin A: 887.18IU (17.74%), Folate: 66.83µg (16.71%), Vitamin B6: 0.25mg (12.64%), Phosphorus: 112.6mg (11.26%), Vitamin B3: 2.21mg (11.06%), Potassium: 376.91mg (10.77%), Copper: 0.21mg (10.57%), Iron: 1.88mg (10.44%), Magnesium: 36.95mg (9.24%), Zinc: 1.26mg (8.4%), Vitamin B2: 0.14mg (8.18%), Calcium: 35.14mg (3.51%), Selenium: 1.75µg (2.5%), Vitamin E: 0.27mg (1.83%), Vitamin B5: 0.14mg (1.42%)