



Black-Eyed Pea and Barley Soup

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



884 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup barley uncooked
- ☐ 71.3 ounce no-salt-added beef broth canned
- ☐ 1 pound black-eyed peas frozen
- ☐ 1 tablespoon parsley flakes dried
- ☐ 1 teaspoon garlic powder
- ☐ 0.1 teaspoon ground cloves
- ☐ 1 teaspoon ground cumin
- ☐ 1 cup onion chopped

- ☐ 1 cup bell pepper sweet red chopped
- ☐ 0.5 teaspoon salt

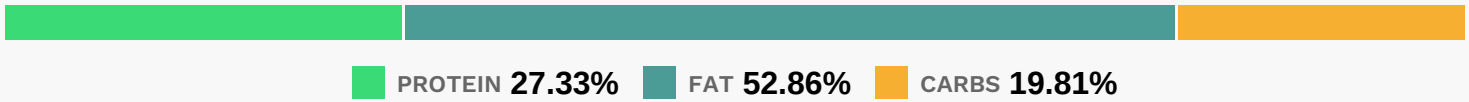
Equipment

- ☐ dutch oven

Directions

- ☐ Combine all ingredients in a Dutch oven; bring to a boil. Cover, reduce heat, and simmer 1 hour.

Nutrition Facts



Properties

Glycemic Index:24.33, Glycemic Load:11.51, Inflammation Score:-9, Nutrition Score:44.661739038384%

Flavonoids

Catechin: 0.73mg, Catechin: 0.73mg, Catechin: 0.73mg, Catechin: 0.73mg Apigenin: 15.01mg, Apigenin: 15.01mg, Apigenin: 15.01mg, Apigenin: 15.01mg Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Isorhamnetin: 2.44mg, Isorhamnetin: 2.44mg, Isorhamnetin: 2.44mg, Isorhamnetin: 2.44mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.47mg, Quercetin: 5.47mg, Quercetin: 5.47mg, Quercetin: 5.47mg

Nutrients (% of daily need)

Calories: 883.94kcal (44.2%), Fat: 51.47g (79.18%), Saturated Fat: 16.21g (101.34%), Carbohydrates: 43.39g (14.46%), Net Carbohydrates: 32.02g (11.64%), Sugar: 4.96g (5.51%), Cholesterol: 181.79mg (60.6%), Sodium: 4302.07mg (187.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 59.86g (119.73%), Vitamin C: 125.41mg (152.01%), Selenium: 77.76µg (111.09%), Vitamin B12: 5.99µg (99.87%), Zinc: 11.58mg (77.18%), Vitamin B3: 14.43mg (72.17%), Vitamin B6: 1.27mg (63.33%), Phosphorus: 612.2mg (61.22%), Manganese: 1.16mg (57.94%), Iron: 9.18mg (51.02%), Folate: 197.27µg (49.32%), Fiber: 11.38g (45.51%), Potassium: 1461.3mg (41.75%), Vitamin B2: 0.7mg (40.92%), Copper: 0.75mg (37.44%), Vitamin B1: 0.53mg (35.08%), Magnesium: 136.68mg (34.17%), Vitamin B5: 2.44mg (24.35%), Vitamin A: 806.91IU (16.14%), Vitamin K: 7.89µg (7.52%), Calcium: 67.38mg (6.74%), Vitamin E: 0.83mg (5.55%)