



Black-Eyed Pea Cakes

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



30

CALORIES



235 kcal

Ingredients

- 31 ounce blackeyed peas divided rinsed drained canned
- 8 ounce approx cream cheese spread softened
- 30 servings cup heavy whipping cream sour green
- 1 large eggs
- 1 teaspoon hot sauce
- 1 tablespoon olive oil
- 30 servings olive oil
- 1 small onion chopped
- 0.5 teaspoon salt

8 ounce frangelico with onion

8 ounce frangelico with onion

Equipment

food processor

frying pan

baking sheet

paper towels

blender

wax paper

Directions

Saut onion in 1 tablespoon hot oil in a large skillet over medium-high heat until tender.

Process onion, 1 can of peas, and next 4 ingredients in a blender or food processor until mixture is smooth, stopping to scrape down sides. Stir in hush puppy mix, and gently fold in remaining can of peas.

Shape mixture by 2 tablespoonfuls into 3-inch patties, and place on a wax paper-lined baking sheet. Cover and chill 1 hour.

Cook patties, in batches, in 3 tablespoons hot oil, adding oil as needed, in a large skillet over medium heat for 1 1/2 minutes on each side or until patties are golden brown.

Drain patties on paper towels, and keep them warm.

Serve with desired toppings.

Nutrition Facts



PROTEIN 5.68% **FAT 82.25%** **CARBS 12.07%**

Properties

Glycemic Index:2.27, Glycemic Load:1.76, Inflammation Score:-4, Nutrition Score:4.6356521482053%

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: 0.12mg, Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.47mg, Quercetin: 0.47mg, Quercetin: 0.47mg, Quercetin: 0.47mg

Nutrients (% of daily need)

Calories: 234.95kcal (11.75%), Fat: 21.84g (33.59%), Saturated Fat: 6.59g (41.21%), Carbohydrates: 7.21g (2.4%), Net Carbohydrates: 5.26g (1.91%), Sugar: 1.75g (1.94%), Cholesterol: 27.84mg (9.28%), Sodium: 85.33mg (3.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.4g (6.79%), Folate: 62.77µg (15.69%), Vitamin E: 2.32mg (15.48%), Vitamin K: 9.7µg (9.24%), Fiber: 1.94g (7.78%), Manganese: 0.14mg (7.15%), Vitamin A: 305.98IU (6.12%), Phosphorus: 58.39mg (5.84%), Iron: 0.87mg (4.81%), Vitamin B1: 0.06mg (4.26%), Magnesium: 17.02mg (4.25%), Copper: 0.08mg (4.12%), Vitamin B2: 0.05mg (3.1%), Zinc: 0.44mg (2.93%), Potassium: 101.74mg (2.91%), Calcium: 27.65mg (2.77%), Selenium: 1.71µg (2.44%), Vitamin B6: 0.04mg (2.02%), Vitamin B5: 0.19mg (1.87%), Vitamin D: 0.27µg (1.82%)