



## Black-Eyed Pea Cakes and Beer-Braised Turnip Greens



Vegetarian



Dairy Free



Very Healthy

READY IN



85 min.

SERVINGS



4

CALORIES



376 kcal

SIDE DISH

### Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 0.5 teaspoon pepper black
- ☐ 2 cups blackeyed peas canned divided rinsed drained
- ☐ 2 large eggs lightly beaten
- ☐ 2 garlic clove chopped
- ☐ 4 garlic clove chopped
- ☐ 1.5 teaspoons ground cumin

- ☐ 0.1 teaspoon ground pepper red
- ☐ 0.3 teaspoon kosher salt
- ☐ 6 ounces beer light
- ☐ 1 tablespoon olive oil divided
- ☐ 2 teaspoons olive oil
- ☐ 0.5 cup panko bread crumbs (Japanese breadcrumbs)
- ☐ 2 tablespoons pinenuts toasted
- ☐ 0.3 cup quinoa uncooked
- ☐ 0.5 cup onion red finely chopped
- ☐ 1 tablespoon red wine vinegar
- ☐ 0.5 teaspoon sugar
- ☐ 1.5 pounds turnip greens coarsely chopped
- ☐ 0.5 cup vegetable stock organic

## Equipment

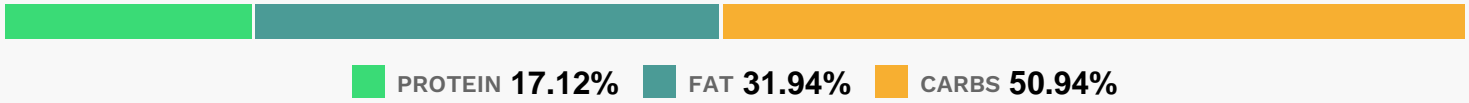
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ sieve
- ☐ dutch oven

## Directions

- ☐ To prepare cakes, place quinoa in a fine sieve; place sieve in a large bowl. Cover quinoa with water. Using your hands, rub grains together for 30 seconds; rinse and drain well.
- ☐ Combine broth and quinoa in a small saucepan; bring to a boil. Cover, reduce heat, and simmer 20 minutes or until liquid is absorbed.
- ☐ Remove from heat, and fluff with a fork.

- ☐ Combine 1 cup peas and 2 garlic cloves in a food processor; process until peas make a thick paste.
- ☐ Combine pea mixture, remaining 1 cup peas, panko, and the next 6 ingredients (through eggs) in a large bowl. Stir in quinoa. Divide mixture into 8 portions, shaping each into a 1/2-inch-thick patty.
- ☐ Heat a large nonstick skillet over medium-high heat.
- ☐ Add 1 1/2 teaspoons oil; swirl to coat.
- ☐ Add 4 patties; cook 4 minutes on each side or until golden. Repeat procedure with remaining 1 1/2 teaspoons oil and patties. Keep warm.
- ☐ To prepare greens, heat a large Dutch oven over medium heat.
- ☐ Add 2 teaspoons oil; swirl to coat.
- ☐ Add greens, beer, and next 4 ingredients (through 4 garlic cloves); bring to a boil. Cover, reduce heat, and simmer 30 minutes or until tender, stirring occasionally. Stir in vinegar.
- ☐ Serve with pea cakes; sprinkle with nuts.

## Nutrition Facts



## Properties

Glycemic Index:86.02, Glycemic Load:6.44, Inflammation Score:-10, Nutrition Score:43.250000248785%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 20.33mg, Kaempferol: 20.33mg, Kaempferol: 20.33mg, Kaempferol: 20.33mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 5.38mg, Quercetin: 5.38mg, Quercetin: 5.38mg, Quercetin: 5.38mg

## Nutrients (% of daily need)

Calories: 376.03kcal (18.8%), Fat: 13.54g (20.83%), Saturated Fat: 2.22g (13.88%), Carbohydrates: 48.58g (16.19%), Net Carbohydrates: 35.65g (12.96%), Sugar: 6.66g (7.4%), Cholesterol: 93mg (31%), Sodium: 430.39mg (18.71%), Alcohol: 1.32g (100%), Alcohol %: 0.41% (100%), Protein: 16.33g (32.65%), Vitamin K: 435.84µg (415.09%), Vitamin A: 19960.95IU (399.22%), Folate: 556.58µg (139.15%), Vitamin C: 105.45mg (127.82%), Manganese: 2.11mg (105.65%), Fiber: 12.92g (51.7%), Copper: 1.03mg (51.38%), Vitamin E: 6.95mg (46.31%), Calcium: 400.9mg (40.09%), Vitamin B6: 0.74mg (37.08%), Phosphorus: 367.39mg (36.74%), Magnesium: 146.9mg (36.73%), Iron: 6.31mg (35.06%),

Vitamin B1: 0.46mg (30.49%), Potassium: 958.82mg (27.39%), Vitamin B2: 0.43mg (25.15%), Selenium: 15.67µg (22.39%), Zinc: 2.65mg (17.66%), Vitamin B5: 1.59mg (15.92%), Vitamin B3: 2.61mg (13.04%), Vitamin B12: 0.26µg (4.29%), Vitamin D: 0.5µg (3.33%)