



Black-Eyed Pea Cakes with Collard Greens



Vegetarian



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



282 kcal

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 2.5 cups black-eyed peas canned divided rinsed drained
- ☐ 1 tablespoon canola oil
- ☐ 1.5 teaspoons canola oil
- ☐ 1 tablespoon cider vinegar
- ☐ 12 ounces collard greens chopped
- ☐ 0.3 cup cornmeal
- ☐ 2 teaspoons dijon mustard
- ☐ 1 tablespoon breadcrumbs dry

- ☐ 2 cups less-sodium chicken broth fat-free
- ☐ 1 tablespoon parsley fresh chopped
- ☐ 0.5 teaspoon thyme leaves fresh minced
- ☐ 1 garlic clove minced
- ☐ 2 garlic cloves minced
- ☐ 0.3 cup green onions chopped
- ☐ 0.3 teaspoon ground pepper red
- ☐ 0.5 teaspoon lemon rind grated
- ☐ 1 teaspoon olive oil
- ☐ 0.5 cup onion chopped
- ☐ 0.5 cup bell pepper red chopped
- ☐ 0.3 teaspoon salt
- ☐ 0.5 teaspoon sugar

Equipment

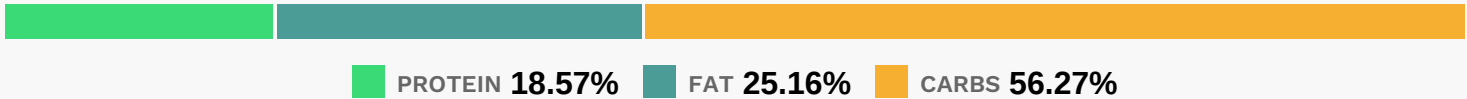
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ dutch oven

Directions

- ☐ To prepare greens, heat 1 1/2 teaspoons canola oil in a Dutch oven over medium-high heat.
- ☐ Add 1/2 cup onion and 2 garlic cloves; saut 5 minutes or until onion is tender.
- ☐ Add greens and next 5 ingredients (through salt); bring to a boil. Reduce heat; simmer 45 minutes or until greens are tender, stirring occasionally.
- ☐ To prepare pea cakes, heat olive oil in a large nonstick skillet over medium-high heat.
- ☐ Add 1/4 cup green onions, rind, thyme, and 1 garlic clove to pan; saut 1 minute or until garlic is golden brown.

- ☐ Place garlic mixture, 1 1/4 cups peas, breadcrumbs, and next 4 ingredients (through red pepper) in a food processor; pulse until well blended.
- ☐ Combine pea mixture and remaining 1 1/4 cups peas in a bowl, stirring well. Divide pea mixture into 8 equal portions, shaping each into a 1/2-inch-thick patty.
- ☐ Place cornmeal in a shallow dish; carefully dredge pea cakes in cornmeal.
- ☐ Place pea cakes on baking sheet; refrigerate 15 minutes.
- ☐ Heat 1 tablespoon canola oil in skillet over medium-high heat.
- ☐ Add pea cakes; cook 2 minutes on each side or until golden and thoroughly heated.
- ☐ Serve over collard greens.

Nutrition Facts



Properties

Glycemic Index:135.9, Glycemic Load:11.99, Inflammation Score:-10, Nutrition Score:32.84913024695%

Flavonoids

Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 7.67mg, Kaempferol: 7.67mg, Kaempferol: 7.67mg, Kaempferol: 7.67mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 7mg, Quercetin: 7mg, Quercetin: 7mg, Quercetin: 7mg

Nutrients (% of daily need)

Calories: 281.72kcal (14.09%), Fat: 8.23g (12.66%), Saturated Fat: 0.87g (5.47%), Carbohydrates: 41.38g (13.79%), Net Carbohydrates: 28.71g (10.44%), Sugar: 6.8g (7.56%), Cholesterol: 0mg (0%), Sodium: 678.34mg (29.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.66g (27.32%), Vitamin K: 408.76µg (389.29%), Vitamin A: 5082.17IU (101.64%), Folate: 358.95µg (89.74%), Vitamin C: 59.81mg (72.49%), Manganese: 1.32mg (66.21%), Fiber: 12.68g (50.7%), Magnesium: 101.78mg (25.44%), Calcium: 253.26mg (25.33%), Phosphorus: 248.97mg (24.9%), Vitamin E: 3.67mg (24.48%), Vitamin B1: 0.36mg (23.92%), Iron: 4.12mg (22.91%), Vitamin B6: 0.44mg (22.15%), Copper: 0.41mg (20.56%), Potassium: 665.56mg (19.02%), Vitamin B2: 0.25mg (14.54%), Zinc: 2.1mg (14.02%), Selenium: 8.88µg (12.68%), Vitamin B3: 2.51mg (12.54%), Vitamin B5: 1mg (9.97%), Vitamin B12: 0.24µg (3.93%)