



Black-eyed Pea Cakes with Cranberry-Red Pepper Salsa

 Vegetarian  Dairy Free

READY IN



30 min.

SERVINGS



27

CALORIES



101 kcal

Ingredients

- 1.3 cups panko bread crumbs divided (panko)
- 31.7 ounce blackeyed peas rinsed drained canned
- 1 large eggs
- 3 tablespoons flour all-purpose
- 0.3 cup cilantro leaves fresh chopped
- 2 garlic clove minced
- 1 teaspoon ground cumin
- 27 servings vegetable oil; peanut oil preferred for frying

- 0.3 cup onion red chopped
- 27 servings bell pepper
- 0.5 cup roasted peppers red drained chopped
- 0.8 teaspoon salt

Equipment

- food processor
- bowl
- frying pan
- baking sheet
- paper towels
- whisk
- plastic wrap

Directions

- Process 1 1/2 cups black-eyed peas in a food processor until coarsely chopped.
- Whisk together egg, cumin, and salt in a large bowl.
- Add chopped peas, remaining whole peas, 3/4 cup breadcrumbs, and next 5 ingredients; stir well to combine.
- Place remaining 1/2 cup breadcrumbs in a shallow dish.
- Using a 1/4 cup measure, shape pea mixture into a cake; dredge in breadcrumbs. Repeat with remaining mixture and breadcrumbs.
- Place cakes on a baking sheet lined with plastic wrap; cover and chill overnight.
- Pour oil to a depth of 1" into a large skillet; heat to 35
- Fry cakes, in batches, 3 minutes or until golden.
- Drain well on paper towels.
- Serve immediately with Cranberry-Red Pepper Salsa.
- Freezer Note: If you won't be serving all the Black-eyed Pea Cakes at once, freeze uncooked cakes; then thaw before dredging in breadcrumbs and frying.

Nutrition Facts

PROTEIN 15.35% FAT 30.2% CARBS 54.45%

Properties

Glycemic Index:8.96, Glycemic Load:3.4, Inflammation Score:-9, Nutrition Score:13.436521693416%

Flavonoids

Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg

Nutrients (% of daily need)

Calories: 101.25kcal (5.06%), Fat: 3.56g (5.48%), Saturated Fat: 0.66g (4.12%), Carbohydrates: 14.44g (4.81%), Net Carbohydrates: 10.49g (3.81%), Sugar: 4.5g (5%), Cholesterol: 6.89mg (2.3%), Sodium: 127.71mg (5.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.07g (8.14%), Vitamin C: 96.97mg (117.54%), Vitamin A: 2375.39IU (47.51%), Folate: 109.71µg (27.43%), Fiber: 3.96g (15.82%), Manganese: 0.29mg (14.35%), Vitamin B6: 0.27mg (13.36%), Vitamin E: 1.74mg (11.6%), Vitamin B1: 0.14mg (9.61%), Phosphorus: 82.27mg (8.23%), Iron: 1.44mg (8.01%), Potassium: 268.43mg (7.67%), Magnesium: 29.02mg (7.26%), Vitamin B2: 0.11mg (6.32%), Copper: 0.12mg (5.87%), Vitamin B3: 1.15mg (5.76%), Vitamin K: 5.05µg (4.81%), Zinc: 0.7mg (4.67%), Vitamin B5: 0.43mg (4.26%), Selenium: 2.51µg (3.59%), Calcium: 22.22mg (2.22%)