



WHATSheATE



Black-eyed Pea Cakes with Heirloom Tomatoes and Slaw

READY IN



20 min.

SERVINGS



6

CALORIES



304 kcal

DESSERT

Ingredients

- ☐ 2 large beefsteak tomatoes cut into 1/4-inch-thick slices
- ☐ 15 oz pea-mond dressing undrained canned
- ☐ 12 oz broccoli slaw fresh
- ☐ 6 oz just-add-water cornbread mix
- ☐ 1 large eggs lightly beaten
- ☐ 2 garlic clove pressed
- ☐ 1 tablespoon juice of lime fresh
- ☐ 1 teaspoon lime zest

- ☐ 1 teaspoon salt divided
- ☐ 1.5 teaspoons suya seasoning mix salt-free
- ☐ 0.3 cup cream sour
- ☐ 0.3 cup cream sour
- ☐ 2 teaspoons sugar

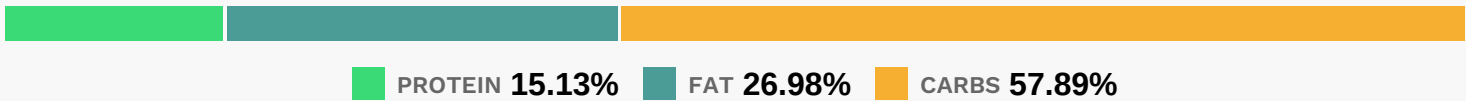
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Coarsely mash peas with fork. Stir in garlic, next 4 ingredients, and 1/2 tsp. salt. Stir until blended.
- ☐ Spoon about 1/3 cup batter for each cake onto a hot lightly greased griddle. Cook cakes 2 minutes or until edges look dry and cooked; turn and cook 2 more minutes.
- ☐ Stir together 1/3 cup sour cream, next 3 ingredients, and remaining 1/2 tsp. salt in a large bowl. Stir in slaw.
- ☐ Place each cooked cake on a serving plate; top each with 2 tomato slices.
- ☐ Add salt and pepper to taste. Top with slaw; serve immediately.

Nutrition Facts



Properties

Glycemic Index:36.02, Glycemic Load:6.35, Inflammation Score:-9, Nutrition Score:22.013043647227%

Flavonoids

Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.37mg, Hesperetin: 0.37mg, Hesperetin: 0.37mg, Hesperetin: 0.37mg Naringenin: 0.79mg, Naringenin: 0.79mg, Naringenin: 0.79mg, Naringenin: 0.79mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 0.69mg, Quercetin: 0.69mg, Quercetin: 0.69mg, Quercetin: 0.69mg

Nutrients (% of daily need)

Calories: 303.8kcal (15.19%), Fat: 9.45g (14.55%), Saturated Fat: 3.58g (22.35%), Carbohydrates: 45.65g (15.22%), Net Carbohydrates: 37.27g (13.55%), Sugar: 13.32g (14.8%), Cholesterol: 44.76mg (14.92%), Sodium: 662.32mg (28.8%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.93g (23.87%), Vitamin C: 70.07mg (84.93%), Folate: 239.52µg (59.88%), Manganese: 0.77mg (38.48%), Phosphorus: 351.07mg (35.11%), Fiber: 8.37g (33.49%), Vitamin A: 1420.87IU (28.42%), Vitamin B1: 0.36mg (23.71%), Iron: 3.93mg (21.85%), Potassium: 744.3mg (21.27%), Magnesium: 78.05mg (19.51%), Vitamin K: 19.63µg (18.7%), Vitamin B2: 0.29mg (17%), Vitamin B6: 0.34mg (16.88%), Copper: 0.33mg (16.43%), Selenium: 8.66µg (12.37%), Vitamin B3: 2.43mg (12.14%), Calcium: 121.17mg (12.12%), Zinc: 1.72mg (11.5%), Vitamin B5: 1.06mg (10.56%), Vitamin E: 1.26mg (8.4%), Vitamin B12: 0.15µg (2.44%), Vitamin D: 0.17µg (1.11%)