



Black-Eyed Pea Casserole

 Gluten Free

READY IN



70 min.

SERVINGS



12

CALORIES



303 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 0.5 teaspoon pepper white black
- ☐ 30 ounces blackeyed peas rinsed drained canned
- ☐ 14.5 ounces canned tomatoes undrained canned
- ☐ 0.8 teaspoon chili powder
- ☐ 1 teaspoon garlic powder
- ☐ 1 cup bell pepper green chopped
- ☐ 1.5 pounds ground beef

- ☐ 1.3 teaspoons ground cumin
- ☐ 1 small jalapeno finely chopped
- ☐ 0.5 cup milk
- ☐ 0.7 cup onion chopped
- ☐ 2.5 teaspoons lawry's seasoned salt
- ☐ 0.5 cup water
- ☐ 1 cup cornmeal yellow
- ☐ 1 cup frangelico
- ☐ 1 cup frangelico

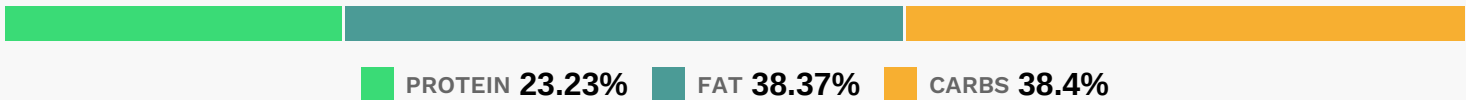
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Heat oven to 375F. In 10-inch skillet, cook beef, seasoned salt, white pepper, bell pepper, jalapeo and onion over medium heat, stirring occasionally, until beef is brown; drain.
- ☐ Stir black-eyed peas, tomatoes, cumin, garlic powder and chili powder into beef mixture. Spoon beef mixture into ungreased rectangular baking dish, 13x9x2 inches. Set aside.
- ☐ In medium bowl, stir together all remaining ingredients.
- ☐ Pour evenly over beef mixture.
- ☐ Bake casserole 40 to 50 minutes or until light golden.

Nutrition Facts



Properties

Glycemic Index:29.71, Glycemic Load:11.12, Inflammation Score:-6, Nutrition Score:16.471739235132%

Flavonoids

Luteolin: 0.6mg, Luteolin: 0.6mg, Luteolin: 0.6mg, Luteolin: 0.6mg Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Quercetin: 2.14mg, Quercetin: 2.14mg, Quercetin: 2.14mg, Quercetin: 2.14mg

Nutrients (% of daily need)

Calories: 302.93kcal (15.15%), Fat: 13.02g (20.03%), Saturated Fat: 4.81g (30.05%), Carbohydrates: 29.31g (9.77%), Net Carbohydrates: 22.3g (8.11%), Sugar: 5.28g (5.87%), Cholesterol: 41.48mg (13.83%), Sodium: 614.05mg (26.7%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.73g (35.47%), Folate: 163.77µg (40.94%), Fiber: 7.01g (28.03%), Manganese: 0.53mg (26.72%), Phosphorus: 266.45mg (26.65%), Zinc: 3.89mg (25.92%), Iron: 4.01mg (22.28%), Vitamin B6: 0.44mg (22.04%), Vitamin B12: 1.27µg (21.14%), Vitamin C: 15.5mg (18.78%), Magnesium: 73.17mg (18.29%), Vitamin B3: 3.62mg (18.08%), Copper: 0.34mg (16.94%), Vitamin B1: 0.25mg (16.87%), Selenium: 11.62µg (16.6%), Potassium: 555.37mg (15.87%), Vitamin B2: 0.18mg (10.36%), Vitamin B5: 0.82mg (8.18%), Calcium: 78.54mg (7.85%), Vitamin E: 1.06mg (7.06%), Vitamin K: 5.41µg (5.15%), Vitamin A: 199.16IU (3.98%), Vitamin D: 0.17µg (1.12%)