



Black-eyed Pea Cornbread Cakes With Jalapeño Sour Cream

 Vegetarian

READY IN



55 min.

SERVINGS



8

CALORIES



449 kcal

Ingredients

- ☐ 30 oz seasoned black-eyed peas divided drained canned
- ☐ 2 tablespoons butter
- ☐ 1.5 cups super-moist cornbread crumbled
- ☐ 8 servings jalapeño cream sour
- ☐ 1 large eggs lightly beaten
- ☐ 2 garlic cloves minced
- ☐ 8 servings garnish: green onion curls
- ☐ 0.3 cup mayonnaise

- ☐ 1 bell pepper red finely chopped
- ☐ 1 small onion sweet finely chopped
- ☐ 1 tablespoon vegetable oil
- ☐ 8 servings cornmeal yellow

Equipment

- ☐ food processor
- ☐ frying pan
- ☐ baking sheet
- ☐ paper towels
- ☐ blender

Directions

- ☐ Process 1 can black-eyed peas in a food processor or blender until smooth. Set aside.
- ☐ Melt 2 Tbsp. butter in a large nonstick skillet over medium heat; add chopped onion and bell pepper; saut 7 minutes.
- ☐ Add minced garlic, and saut 1 minute.
- ☐ Stir together pureed black-eyed peas, remaining can black-eyed peas, onion mixture, crumbled Super Moist Cornbread, mayonnaise, and egg until well blended.
- ☐ Shape black-eyed pea mixture into 12 (3-inch) patties. Dust lightly with cornmeal.
- ☐ Place on a lightly greased baking sheet; cover and chill 30 minutes.
- ☐ Cook, in batches, in hot oil in a large nonstick skillet over medium-high heat 3 minutes on each side or until golden; drain on paper towels.
- ☐ Serve cakes immediately with Jalapeo Sour Cream.
- ☐ Garnish, if desired.
- ☐ Note: For testing purposes only, we used Glory Foods Seasoned Southern Style Blackeye Peas.

Nutrition Facts



Properties

Glycemic Index:37.94, Glycemic Load:10.93, Inflammation Score:-8, Nutrition Score:20.222608511863%

Flavonoids

Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.56mg, Kaempferol: 0.56mg, Kaempferol: 0.56mg, Kaempferol: 0.56mg Myricetin: 0.48mg, Myricetin: 0.48mg, Myricetin: 0.48mg, Myricetin: 0.48mg Quercetin: 6.7mg, Quercetin: 6.7mg, Quercetin: 6.7mg, Quercetin: 6.7mg

Nutrients (% of daily need)

Calories: 448.67kcal (22.43%), Fat: 18.19g (27.99%), Saturated Fat: 6.2g (38.76%), Carbohydrates: 58.89g (19.63%), Net Carbohydrates: 49.16g (17.88%), Sugar: 14.09g (15.65%), Cholesterol: 66.08mg (22.03%), Sodium: 354.91mg (15.43%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.94g (27.88%), Folate: 273.26µg (68.31%), Phosphorus: 404mg (40.4%), Fiber: 9.73g (38.91%), Manganese: 0.74mg (37.07%), Vitamin K: 31.73µg (30.22%), Vitamin C: 22.97mg (27.84%), Vitamin B1: 0.36mg (24.31%), Iron: 4.19mg (23.3%), Magnesium: 83.57mg (20.89%), Copper: 0.38mg (19.12%), Vitamin B6: 0.33mg (16.46%), Vitamin A: 816.15IU (16.32%), Zinc: 2.24mg (14.9%), Potassium: 512.8mg (14.65%), Selenium: 10.04µg (14.34%), Vitamin B2: 0.22mg (13.13%), Calcium: 118.01mg (11.8%), Vitamin B5: 1mg (10.02%), Vitamin B3: 1.92mg (9.58%), Vitamin E: 1.4mg (9.33%), Vitamin B12: 0.2µg (3.29%)