



Black-Eyed Pea Gumbo



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



5

CALORIES



604 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 bay leaves
- ☐ 14.3 ounce no-salt-added beef broth canned
- ☐ 30 ounce black-eyed peas undrained canned
- ☐ 2.5 cups rice long-grain cooked without salt or fat
- ☐ 1 tablespoon parsley flakes dried
- ☐ 0.5 teaspoon thyme leaves dried
- ☐ 2 cloves garlic minced
- ☐ 0.5 teaspoon ground pepper red

- ☐ 2 teaspoons hot sauce
- ☐ 0.8 pound pork tenderloin
- ☐ 16 ounce vegetable gumbo mix frozen

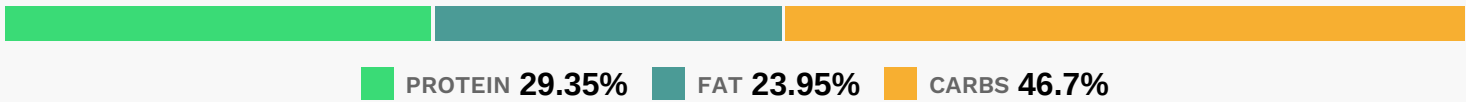
Equipment

- ☐ bowl
- ☐ ladle
- ☐ dutch oven

Directions

- ☐ Trim fat from pork; cut pork into bite-size pieces. Coat a Dutch oven with cooking spray; place over medium heat until hot.
- ☐ Add pork, and cook until browned on all sides, stirring often.
- ☐ Stir in peas and next 8 ingredients. Bring to a boil; reduce heat, and simmer, uncovered, 20 minutes or until vegetables are tender.
- ☐ Remove and discard bay leaves.
- ☐ To serve, place 1/2 cup rice into each of 5 bowls; ladle 1 1/2 cups gumbo over each serving.

Nutrition Facts



Properties

Glycemic Index:51.4, Glycemic Load:37.85, Inflammation Score:-10, Nutrition Score:42.951739534088%

Flavonoids

Apigenin: 18.01mg, Apigenin: 18.01mg, Apigenin: 18.01mg, Apigenin: 18.01mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 1.33mg, Isorhamnetin: 1.33mg, Isorhamnetin: 1.33mg, Isorhamnetin: 1.33mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 603.86kcal (30.19%), Fat: 16.11g (24.79%), Saturated Fat: 5.03g (31.42%), Carbohydrates: 70.73g (23.58%), Net Carbohydrates: 55.49g (20.18%), Sugar: 5.74g (6.37%), Cholesterol: 87.86mg (29.29%), Sodium: 1113.33mg

(48.41%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 44.43g (88.87%), Folate: 387.93µg (96.98%), Vitamin A: 4733.51IU (94.67%), Vitamin B1: 1.18mg (78.53%), Manganese: 1.5mg (75.16%), Selenium: 46.76µg (66.8%), Phosphorus: 617.3mg (61.73%), Fiber: 15.24g (60.96%), Vitamin B6: 1.11mg (55.63%), Vitamin B3: 9.82mg (49.12%), Zinc: 6.61mg (44.1%), Iron: 7.59mg (42.15%), Vitamin C: 34.22mg (41.48%), Magnesium: 153.64mg (38.41%), Copper: 0.75mg (37.65%), Potassium: 1223.1mg (34.95%), Vitamin B2: 0.55mg (32.45%), Vitamin B12: 1.79µg (29.87%), Vitamin B5: 2.2mg (21.98%), Vitamin K: 10.26µg (9.77%), Calcium: 90.52mg (9.05%), Vitamin E: 0.76mg (5.09%), Vitamin D: 0.2µg (1.36%)