



HEALTH SCORE

100%

## Black-eyed Pea Gumbo



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



70 min.

SERVINGS



6

CALORIES



161 kcal

SOUP

ANTIPASTI

STARTER

SNACK

## Ingredients

- 3 bay leaves
- 1 bell pepper chopped (any color)
- 2.5 cups pea-mond dressing dried cooked (1 cup black-eyed peas in 3 cups water)
- 0.1 tsp pepper black
- 1 tsp chipotles in adobo canned chopped ( in adobo)
- 30 ounce tomatoes diced canned
- 0.3 tsp ground pepper
- 2 ribs celery chopped

- 1 tbsp garlic minced
- 0.3 tsp garlic powder
- 1 pound okra sliced
- 2 medium onion diced
- 1 tsp oregano
- 1.5 tsp thyme leaves
- 1 tbsp tomato paste

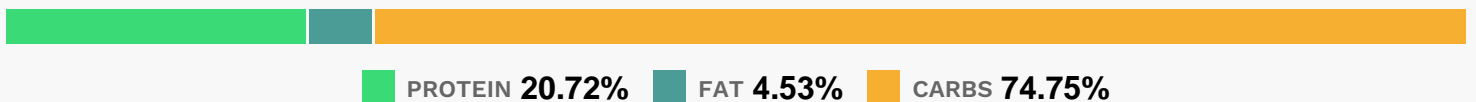
## Equipment

- dutch oven

## Directions

- Heat a large, non-stick stock pot or Dutch oven.
- Add the onions and cook, stirring regularly, until they begin to brown, about 8 minutes.
- Add the bell pepper and celery, and cook for 3 more minutes.
- Add the tomato paste and garlic and cook, stirring, for 2 more minutes.
- Add the remaining ingredients and cook over medium heat until okra is done and mixture has thickened, about 45–55 minutes.
- Add more water as needed–this will be thicker than a soup but still have a good amount of broth.
- Serve over freshly cooked brown rice and add hot sauce at the table.

## Nutrition Facts



## Properties

Glycemic Index:59.67, Glycemic Load:6.61, Inflammation Score:-9, Nutrition Score:23.515217345694%

## Flavonoids

Apigenin: 0.4mg, Apigenin: 0.4mg, Apigenin: 0.4mg, Apigenin: 0.4mg Luteolin: 0.39mg, Luteolin: 0.39mg, Luteolin: 0.39mg, Luteolin: 0.39mg Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg

Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 24.13mg, Quercetin: 24.13mg, Quercetin: 24.13mg, Quercetin: 24.13mg

## **Nutrients (% of daily need)**

Calories: 160.52kcal (8.03%), Fat: 0.88g (1.36%), Saturated Fat: 0.19g (1.19%), Carbohydrates: 32.74g (10.91%), Net Carbohydrates: 22.56g (8.2%), Sugar: 9.84g (10.93%), Cholesterol: 0mg (0%), Sodium: 245.3mg (10.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.07g (18.15%), Vitamin C: 60.78mg (73.67%), Manganese: 1.19mg (59.47%), Folate: 228.05µg (57.01%), Fiber: 10.18g (40.72%), Vitamin K: 36.34µg (34.61%), Vitamin A: 1489.42IU (29.79%), Magnesium: 107.11mg (26.78%), Vitamin B6: 0.53mg (26.71%), Vitamin B1: 0.4mg (26.39%), Potassium: 863.06mg (24.66%), Iron: 4.14mg (22.99%), Phosphorus: 209.62mg (20.96%), Copper: 0.41mg (20.65%), Calcium: 148.08mg (14.81%), Vitamin E: 1.92mg (12.8%), Vitamin B3: 2.52mg (12.59%), Vitamin B2: 0.21mg (12.14%), Zinc: 1.74mg (11.62%), Vitamin B5: 0.8mg (8.05%), Selenium: 3.1µg (4.43%)