



Black-eyed Pea Masala

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



135 min.

SERVINGS



8

CALORIES



101 kcal

SIDE DISH

Ingredients

- 0.1 teaspoon asafetida
- 2 cups pea-mond dressing
- 0.3 teaspoon bell pepper red to taste (or)
- 8 servings cilantro leaves chopped
- 2 teaspoons cumin seeds
- 2 teaspoons garam masala
- 1 tablespoon garlic minced
- 1 tablespoon ginger paste minced (or ginger paste)

- 1 large onion diced
- 1 teaspoon salt to taste (or)
- 1 teaspoon sugar
- 30 ounce canned tomatoes diced canned
- 1 teaspoon turmeric

Equipment

- pot
- pressure cooker

Directions

- Drain peas just before cooking.
- Heat a large non-stick pot or pressure cooker. Spray the bottom with cooking spray (omit if pot is non-stick) and add the onions. Cook, stirring, until onions soften.
- Add the cumin seed and cook for 1 minute.
- Add the asafetida, ginger, and garlic and stir for about 30 seconds.
- Add the drained peas and all remaining ingredients.
- Add 2 cups of water and bring to a low boil. If pressure cooking, seal the cooker, bring to high pressure, and cook for 7 minutes; remove from heat and allow pressure to come down naturally. Check seasoning and add more salt and garam masala if necessary. Simmer uncovered for a few minutes to allow flavors to blend, and mash a few peas against the side of the pot to thicken the sauce. If all peas are not completely tender, cover but do not seal the cooker and simmer until peas are tender. If cooking in a regular pot, cover and simmer until the black-eyed peas are tender (depending on the age of your peas, 30-60 minutes). Check seasoning and add more salt and garam masala if necessary.
- Sprinkle with parsley or cilantro and serve with rice or bread.

Nutrition Facts

 **PROTEIN 20.43%**  **FAT 6.25%**  **CARBS 73.32%**

Properties

Glycemic Index:35.01, Glycemic Load:5.54, Inflammation Score:-9, Nutrition Score:10.23217394041%

Flavonoids

Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.88mg, Quercetin: 3.88mg, Quercetin: 3.88mg, Quercetin: 3.88mg

Nutrients (% of daily need)

Calories: 100.99kcal (5.05%), Fat: 0.75g (1.16%), Saturated Fat: 0.13g (0.8%), Carbohydrates: 19.89g (6.63%), Net Carbohydrates: 14.53g (5.28%), Sugar: 7.43g (8.26%), Cholesterol: 0mg (0%), Sodium: 435.63mg (18.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.55g (11.09%), Folate: 107.14µg (26.79%), Manganese: 0.48mg (24.11%), Fiber: 5.36g (21.46%), Iron: 2.96mg (16.47%), Copper: 0.33mg (16.33%), Vitamin C: 11.99mg (14.53%), Potassium: 478.79mg (13.68%), Vitamin B6: 0.24mg (12.24%), Magnesium: 48.58mg (12.15%), Vitamin B1: 0.18mg (12.06%), Phosphorus: 111.36mg (11.14%), Vitamin E: 1.48mg (9.89%), Vitamin B3: 1.58mg (7.9%), Vitamin K: 6.84µg (6.52%), Zinc: 0.92mg (6.15%), Calcium: 58.18mg (5.82%), Vitamin B2: 0.09mg (5.16%), Vitamin A: 253.49IU (5.07%), Vitamin B5: 0.5mg (5.02%), Selenium: 1.99µg (2.85%)