



Black-Eyed Pea Soup

 Gluten Free  Dairy Free

READY IN



75 min.

SERVINGS



8

CALORIES



559 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 beef bouillon cubes
- 1 pound sausage meat
- 45 ounce blackeyed peas drained canned
- 28 ounce canned tomatoes diced canned
- 0.8 teaspoon garlic salt
- 4 ounce to 2 chilies slit green chopped canned
- 1 pound ground beef
- 0.3 teaspoon ground cumin

- 0.3 teaspoon pepper black
- 4 teaspoons blackstrap molasses
- 1 large onion diced
- 0.5 teaspoon salt
- 4 cups water
- 1 teaspoon worcestershire sauce

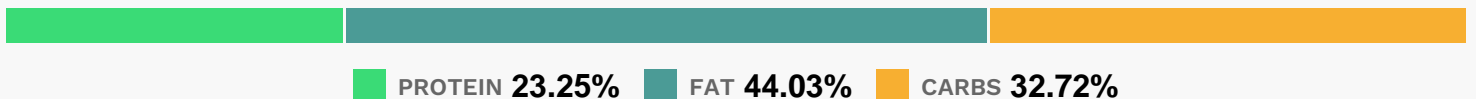
Equipment

- dutch oven

Directions

- In a large Dutch oven, cook and stir the pork sausage and ground beef with the onion over medium heat until the meat is no longer pink, 10 to 12 minutes; drain off excess fat.
- Pour in the water, and stir in black-eyed peas, diced tomatoes, tomatoes with green chiles, Worcestershire sauce, garlic salt, salt, canned green chilies, molasses, beef bouillon cubes, black pepper, and cumin until thoroughly mixed.
- Bring the soup to a boil, reduce heat to a simmer, cover, and simmer for 45 minutes.

Nutrition Facts



Properties

Glycemic Index:26.88, Glycemic Load:12.9, Inflammation Score:-8, Nutrition Score:29.414347826087%

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: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.81mg, Quercetin: 3.81mg, Quercetin: 3.81mg, Quercetin: 3.81mg

Nutrients (% of daily need)

Calories: 558.96kcal (27.95%), Fat: 27.62g (42.5%), Saturated Fat: 9.65g (60.3%), Carbohydrates: 46.18g (15.39%), Net Carbohydrates: 33.12g (12.05%), Sugar: 13.88g (15.42%), Cholesterol: 81.16mg (27.05%), Sodium: 1444.33mg (62.8%), Protein: 32.82g (65.63%), Folate: 353.4µg (88.35%), Fiber: 13.06g (52.24%), Manganese: 1.04mg (52.2%),

Phosphorus: 458.53mg (45.85%), Iron: 7.36mg (40.9%), Zinc: 5.99mg (39.93%), Vitamin B1: 0.59mg (39.46%), Copper: 0.73mg (36.37%), Vitamin B3: 7.19mg (35.97%), Vitamin B6: 0.72mg (35.77%), Magnesium: 134.91mg (33.73%), Potassium: 1122.3mg (32.07%), Vitamin B12: 1.72µg (28.59%), Selenium: 14.37µg (20.52%), Vitamin B2: 0.3mg (17.86%), Vitamin B5: 1.65mg (16.54%), Vitamin C: 13.35mg (16.19%), Vitamin E: 2.03mg (13.56%), Calcium: 105.44mg (10.54%), Vitamin K: 9.41µg (8.96%), Vitamin A: 281.9IU (5.64%), Vitamin D: 0.79µg (5.29%)