



## Black-Eyed-Pea Soup with Greens and Ham



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



687 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 8 cups black-eyed peas frozen
- ☐ 3 cups chicken broth low-sodium homemade canned
- ☐ 2 tablespoons cooking oil
- ☐ 1.5 pounds ham diced
- ☐ 2 cloves garlic minced
- ☐ 0.3 teaspoon fresh-ground pepper black
- ☐ 1.8 teaspoons salt
- ☐ 6 scallions white green chopped

- ☐ 4 cups swiss chard shredded washed well
- ☐ 0.5 teaspoon all the tabasco sauce you handle
- ☐ 3 cups water
- ☐ 2 teaspoons white-wine vinegar

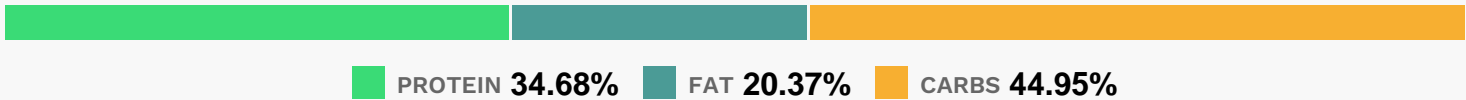
## Equipment

- ☐ pot

## Directions

- ☐ In a large pot, heat the oil over moderately low heat.
- ☐ Add the scallion bulbs and garlic and cook, stirring occasionally, for 2 minutes.
- ☐ Add the Swiss chard, black-eyed peas, water, broth, Tabasco, and salt to the pot. Bring to a boil. Reduce the heat and simmer, partially covered, stirring occasionally, until the black-eyed peas are tender, about 20 minutes.
- ☐ Stir the ham into the soup and cook until the ham is warmed through, about 2 minutes.
- ☐ Remove the pot from the heat and stir in the pepper, vinegar, and scallion tops.
- ☐ Variations: Instead of the Swiss chard, use your own favorite greens. Collard, mustard, kale, or beet greens would each lend its unique flavor to the soup.
- ☐ Wine Recommendation: This soup has more than enough oomph to partner a rich California Syrah. Spicy blackberry and green-olive flavors, a strong earthy streak, and solid structure are its hallmarks, and all of these will go well here.

## Nutrition Facts



## Properties

Glycemic Index:41.75, Glycemic Load:20.79, Inflammation Score:-10, Nutrition Score:40.477391253347%

## Flavonoids

Catechin: 0.54mg, Catechin: 0.54mg, Catechin: 0.54mg, Catechin: 0.54mg Kaempferol: 2.34mg, Kaempferol: 2.34mg, Kaempferol: 2.34mg Myricetin: 1.14mg, Myricetin: 1.14mg, Myricetin: 1.14mg, Myricetin: 1.14mg Quercetin: 2.74mg, Quercetin: 2.74mg, Quercetin: 2.74mg, Quercetin: 2.74mg

Nutrients (% of daily need)

Calories: 687.16kcal (34.36%), Fat: 16.08g (24.73%), Saturated Fat: 1.33g (8.29%), Carbohydrates: 79.83g (26.61%), Net Carbohydrates: 56.36g (20.49%), Sugar: 15.45g (17.16%), Cholesterol: 91.12mg (30.37%), Sodium: 3403.72mg (147.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 61.58g (123.17%), Vitamin K: 347.14µg (330.61%), Folate: 732.18µg (183.04%), Fiber: 23.47g (93.87%), Manganese: 1.84mg (91.98%), Phosphorus: 615.71mg (61.57%), Iron: 11.07mg (61.52%), Copper: 1.13mg (56.36%), Magnesium: 219.36mg (54.84%), Vitamin A: 2434.45IU (48.69%), Vitamin B1: 0.72mg (48.17%), Potassium: 1304.24mg (37.26%), Zinc: 4.86mg (32.37%), Vitamin B3: 4.38mg (21.9%), Vitamin B6: 0.43mg (21.4%), Vitamin C: 16.41mg (19.9%), Vitamin E: 2.97mg (19.8%), Vitamin B2: 0.29mg (17.14%), Vitamin B5: 1.5mg (15%), Selenium: 9.25µg (13.22%), Calcium: 130.37mg (13.04%), Vitamin B12: 0.18µg (2.95%)