



Black-Eyed Peas and Cornmeal Dumplings

READY IN



55 min.

SERVINGS



4

CALORIES



457 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 slices bacon
- ☐ 0.3 teaspoon baking soda
- ☐ 16 ounce pea-mond dressing frozen ()
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 2 tablespoons butter chilled cut into pieces
- ☐ 0.5 cup buttermilk
- ☐ 3 cups chicken stock see unsalted (such as Swanson)
- ☐ 0.8 cup flour all-purpose
- ☐ 1 tablespoon garlic minced

- ☐ 0.3 cup spring onion finely chopped
- ☐ 0.5 teaspoon kosher salt
- ☐ 1 cup onion chopped
- ☐ 1.5 cups water
- ☐ 0.3 cup cornmeal yellow

Equipment

- ☐ frying pan
- ☐ knife
- ☐ whisk
- ☐ blender
- ☐ measuring cup
- ☐ dutch oven

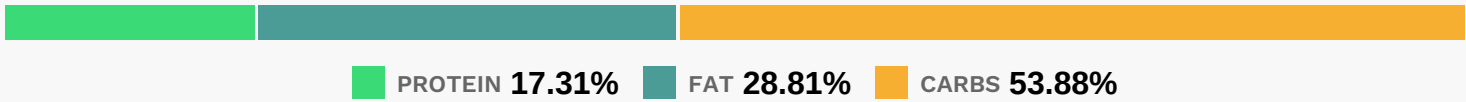
Directions

- ☐ Cook bacon in a Dutch oven over medium heat until crisp.
- ☐ Remove bacon from pan; finely chop.
- ☐ Remove 1 tablespoon drippings from pan; set aside. Increase heat to medium-high.
- ☐ Add 1 cup onion to remaining drippings in pan; saut 3 minutes, stirring occasionally.
- ☐ Add garlic; saut 1 minute, stirring constantly.
- ☐ Add stock, 1 1/2 cups water, salt, pepper, and peas to pan; bring to a boil. Partially cover, reduce heat, and simmer 35 minutes or until peas are tender, stirring occasionally.
- ☐ Weigh or lightly spoon flour into a dry measuring cup; level with a knife.
- ☐ Combine flour, green onions, cornmeal, and baking soda, stirring with a whisk.
- ☐ Cut butter into flour mixture with a pastry blender or 2 knives until mixture resembles coarse meal.
- ☐ Add bacon, reserved 1 tablespoon drippings, and buttermilk; stir until a moist dough forms.
- ☐ With moist hands, gently divide mixture into 12 equal portions. Drop dumplings, 1 at a time, into pan; cover and cook 8 minutes or until dumplings are done, stirring occasionally.

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Serve with hot sauce, if desired.

Nutrition Facts



Properties

Glycemic Index:96.63, Glycemic Load:25.52, Inflammation Score:-8, Nutrition Score:22.260434689729%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 9.04mg, Quercetin: 9.04mg, Quercetin: 9.04mg, Quercetin: 9.04mg

Nutrients (% of daily need)

Calories: 456.75kcal (22.84%), Fat: 14.68g (22.59%), Saturated Fat: 6.53g (40.81%), Carbohydrates: 61.8g (20.6%), Net Carbohydrates: 51.86g (18.86%), Sugar: 10.18g (11.32%), Cholesterol: 31.01mg (10.34%), Sodium: 778.98mg (33.87%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.86g (39.72%), Folate: 305.88µg (76.47%), Manganese: 0.9mg (44.78%), Fiber: 9.94g (39.76%), Vitamin B1: 0.58mg (38.53%), Phosphorus: 334.33mg (33.43%), Vitamin B3: 5.61mg (28.07%), Selenium: 19.27µg (27.54%), Iron: 4.93mg (27.4%), Copper: 0.52mg (25.86%), Vitamin B2: 0.42mg (24.91%), Magnesium: 95.04mg (23.76%), Vitamin B6: 0.41mg (20.55%), Potassium: 718.09mg (20.52%), Vitamin K: 20.81µg (19.82%), Zinc: 2.57mg (17.16%), Calcium: 96.23mg (9.62%), Vitamin B5: 0.88mg (8.81%), Vitamin C: 5.96mg (7.23%), Vitamin A: 336.34IU (6.73%), Vitamin E: 0.71mg (4.74%), Vitamin B12: 0.2µg (3.41%), Vitamin D: 0.43µg (2.89%)