



Black-Eyed Peas and Greens



Gluten Free



Dairy Free

READY IN



60 min.

SERVINGS



4

CALORIES



228 kcal

SIDE DISH

Ingredients

- ☐ 2 slices bacon smoked
- ☐ 1 pound pea-mond dressing frozen thawed
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 0.5 teaspoon kosher salt
- ☐ 2 cups beef broth fat-free
- ☐ 0.5 cup onion chopped
- ☐ 2 tablespoons pepper
- ☐ 12 ounce turnip greens fresh trimmed coarsely chopped

☐ 2 cups water

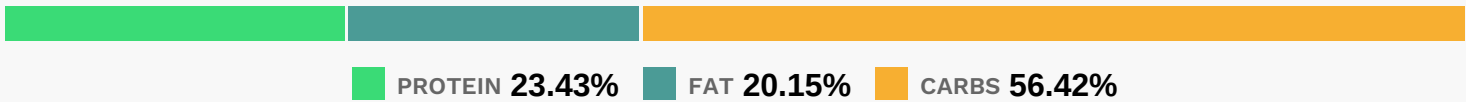
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ ladle
- ☐ slotted spoon
- ☐ dutch oven

Directions

- ☐ Cook bacon in a Dutch oven over medium heat until crisp.
- ☐ Remove bacon from pan using a slotted spoon, reserving drippings in pan. Crumble bacon.
- ☐ Add onion to drippings in pan; saut 4 minutes, stirring occasionally. Stir in broth and the next 5 ingredients (through greens); bring to a boil. Reduce heat, and simmer for 55 minutes or until peas are tender, stirring occasionally and skimming as necessary. Stir in vinegar. Ladle about 1 1/3 cups pea mixture into each of 4 bowls; top evenly with crumbled bacon.

Nutrition Facts



Properties

Glycemic Index:33, Glycemic Load:7.44, Inflammation Score:-10, Nutrition Score:32.20130418565%

Flavonoids

Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 10.23mg, Kaempferol: 10.23mg, Kaempferol: 10.23mg, Kaempferol: 10.23mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.68mg, Quercetin: 4.68mg, Quercetin: 4.68mg, Quercetin: 4.68mg

Nutrients (% of daily need)

Calories: 228.28kcal (11.41%), Fat: 5.35g (8.23%), Saturated Fat: 1.73g (10.83%), Carbohydrates: 33.69g (11.23%), Net Carbohydrates: 22.44g (8.16%), Sugar: 5.3g (5.89%), Cholesterol: 7.26mg (2.42%), Sodium: 629.42mg (27.37%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.99g (27.98%), Vitamin K: 220.8µg (210.29%), Vitamin A: 9893.83IU (197.88%), Folate: 405.21µg (101.3%), Manganese: 1.38mg (68.86%), Vitamin C: 52.96mg (64.2%), Fiber: 11.25g (45.02%), Copper: 0.68mg (33.82%), Potassium: 901.22mg (25.75%), Magnesium: 96.53mg (24.13%),

Phosphorus: 239.4mg (23.94%), Iron: 4.19mg (23.26%), Vitamin B1: 0.33mg (22.11%), Calcium: 212.08mg (21.21%),
Vitamin B6: 0.4mg (19.99%), Vitamin E: 2.84mg (18.9%), Zinc: 1.84mg (12.26%), Vitamin B2: 0.17mg (9.86%), Vitamin
B5: 0.92mg (9.2%), Selenium: 6.33µg (9.04%), Vitamin B3: 1.57mg (7.87%)