



Black-eyed Peas and Ham Hocks

 **Gluten Free**  **Dairy Free**

READY IN



120 min.

SERVINGS



5

CALORIES



329 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 bay leaf
- 1 pound black-eyed peas dry
- 0.5 teaspoon pepper black
- 5 servings salt to taste
- 2 ham hocks smoked
- 3 cups water

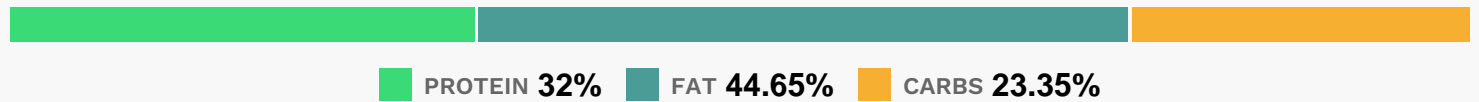
Equipment

- pot

Directions

- Rinse dried peas thoroughly, sorting any tiny pebbles or other debris.
- In a large stockpot, bring 3 cups of water to a boil with black-eyed peas, ham hocks, salt, pepper, and bay leaf. Reduce to a simmer and cook, uncovered, 1 1/2 hours, or until peas and ham hocks are tender. If ham hocks require further cooking, simmer in water in a separate pot until meat is easily pulled from the bone.
- Cool ham hocks and remove all meat from the bone. Stir ham into the peas, adjust seasoning with salt and pepper as needed, and serve.

Nutrition Facts



Properties

Glycemic Index:14.6, Glycemic Load:5.33, Inflammation Score:-4, Nutrition Score:9.2478259957355%

Nutrients (% of daily need)

Calories: 328.84kcal (16.44%), Fat: 16.13g (24.81%), Saturated Fat: 5.91g (36.93%), Carbohydrates: 18.98g (6.33%), Net Carbohydrates: 13.02g (4.74%), Sugar: 2.99g (3.33%), Cholesterol: 74.12mg (24.71%), Sodium: 374.56mg (16.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.01g (52.01%), Folate: 188.76µg (47.19%), Fiber: 5.95g (23.81%), Manganese: 0.46mg (22.93%), Iron: 3.41mg (18.94%), Potassium: 504.56mg (14.42%), Phosphorus: 141.86mg (14.19%), Copper: 0.27mg (13.44%), Magnesium: 49.87mg (12.47%), Vitamin B1: 0.18mg (12.23%), Zinc: 1.19mg (7.92%), Vitamin B6: 0.09mg (4.58%), Calcium: 40.8mg (4.08%), Vitamin B5: 0.38mg (3.76%), Selenium: 2.28µg (3.26%), Vitamin B2: 0.05mg (2.96%), Vitamin B3: 0.45mg (2.26%), Vitamin K: 1.87µg (1.78%), Vitamin E: 0.26mg (1.71%)