



Black-Eyed Peas and Rice



Gluten Free



Dairy Free

READY IN



545 min.

SERVINGS



6

CALORIES



189 kcal

SIDE DISH

Ingredients

- ☐ 2 bay leaves
- ☐ 1 cup black-eyed peas dried
- ☐ 3 cups rice cooked
- ☐ 1 cup ham diced lean
- ☐ 1 clove garlic minced
- ☐ 0.5 cup bell pepper green chopped
- ☐ 6 servings salt and ground pepper black to taste
- ☐ 1 tablespoon olive oil

- ☐ 1 onion chopped
- ☐ 2 pinches paprika to taste
- ☐ 2 cups water

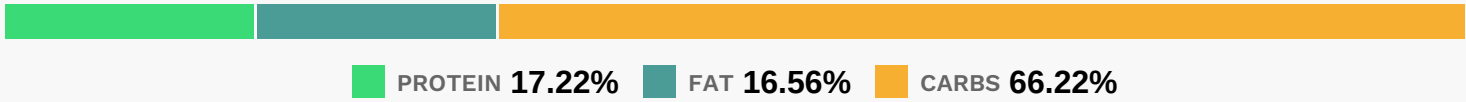
Equipment

- ☐ pot

Directions

- ☐ Place black-eyed peas into a large container and cover with several inches of cool water; let stand 8 hours to overnight.
- ☐ Drain and rinse.
- ☐ Heat olive oil in a pot over medium heat; cook and stir ham until browned, about 5 minutes.
- ☐ Add onion, green bell pepper, and garlic; saute until onion is tender, about 10 minutes.
- ☐ Add black-eyed peas, water, bay leaves, paprika, salt, and black pepper; cover pot with a lid and simmer until peas are tender, 40 to 50 minutes.
- ☐ Remove bay leaves from black-eyed peas mixture and stir in rice. Simmer until all the liquid is evaporated, 5 to 10 more minutes.

Nutrition Facts



Properties

Glycemic Index:44, Glycemic Load:26.07, Inflammation Score:-4, Nutrition Score:6.9865217727164%

Flavonoids

Luteolin: 0.59mg, Luteolin: 0.59mg, Luteolin: 0.59mg, Luteolin: 0.59mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4mg, Quercetin: 4mg, Quercetin: 4mg, Quercetin: 4mg

Nutrients (% of daily need)

Calories: 188.79kcal (9.44%), Fat: 3.48g (5.35%), Saturated Fat: 0.45g (2.79%), Carbohydrates: 31.27g (10.42%), Net Carbohydrates: 28.4g (10.33%), Sugar: 2.44g (2.71%), Cholesterol: 10.18mg (3.39%), Sodium: 255.05mg (11.09%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.13g (16.27%), Manganese: 0.58mg (28.85%), Folate: 66.98µg (16.74%), Vitamin C: 11.63mg (14.1%), Fiber: 2.86g (11.45%), Selenium: 6.83µg (9.76%), Phosphorus: 88.5mg (8.85%), Vitamin B6: 0.17mg (8.31%), Copper: 0.16mg (8.23%), Magnesium: 29.47mg (7.37%), Iron: 1.2mg (6.65%), Vitamin B1: 0.09mg (6.1%), Zinc: 0.83mg (5.57%), Potassium: 166.97mg (4.77%), Vitamin B5: 0.47mg (4.74%), Vitamin A: 217.44IU (4.35%), Vitamin E: 0.6mg (3.97%), Vitamin K: 3.32µg (3.17%), Vitamin B3: 0.58mg (2.89%), Calcium: 25.02mg (2.5%), Vitamin B2: 0.04mg (2.32%)