



Black-Eyed Peas and Tortillas

 Vegetarian  Vegan  Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



516 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 15.5 ounce black-eyed peas drained canned
- 4 12-inch flour tortillas ()
- 1 clove garlic minced
- 1 jalapeno fresh chopped
- 1 tablespoon juice of lime fresh
- 1 tablespoon olive oil
- 0.3 cup onion finely chopped
- 4 servings salt and pepper to taste

0.5 cup vegetable stock

Equipment

frying pan

Directions

- Heat the olive oil in a medium skillet over medium heat, and cook the onion until tender.
- Mix in the black-eyed peas, vegetable stock, jalapeno, garlic, and lime juice. Season with salt and pepper to taste, and continue cooking until heated through. Wrap the mixture in the tortillas to serve.

Nutrition Facts



Properties

Glycemic Index:52.25, Glycemic Load:24.7, Inflammation Score:-8, Nutrition Score:23.796087161354%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.24mg, Quercetin: 2.24mg, Quercetin: 2.24mg, Quercetin: 2.24mg

Nutrients (% of daily need)

Calories: 515.75kcal (25.79%), Fat: 13.22g (20.34%), Saturated Fat: 3.97g (24.82%), Carbohydrates: 81.22g (27.07%), Net Carbohydrates: 69.79g (25.38%), Sugar: 8.74g (9.71%), Cholesterol: 0mg (0%), Sodium: 1155.5mg (50.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.05g (36.09%), Folate: 338.9µg (84.72%), Manganese: 1.12mg (55.75%), Vitamin B1: 0.8mg (53.58%), Fiber: 11.43g (45.72%), Phosphorus: 411.7mg (41.17%), Selenium: 28.34µg (40.49%), Iron: 6.96mg (38.68%), Vitamin B3: 5.65mg (28.25%), Vitamin B2: 0.39mg (22.85%), Magnesium: 85.32mg (21.33%), Copper: 0.42mg (21.09%), Calcium: 197.56mg (19.76%), Zinc: 2.06mg (13.7%), Potassium: 478.65mg (13.68%), Vitamin K: 12.91µg (12.29%), Vitamin B6: 0.21mg (10.73%), Vitamin C: 6.69mg (8.11%), Vitamin B5: 0.67mg (6.71%), Vitamin E: 0.95mg (6.32%), Vitamin A: 118.92IU (2.38%)