



Black-Eyed Peas with Bacon and Pork



Gluten Free



Dairy Free

READY IN



860 min.

SERVINGS



8

CALORIES



247 kcal

SIDE DISH

Ingredients

- ☐ 4 strips bacon thick sliced cut into 1/2-inch pieces
- ☐ 3 bay leaves
- ☐ 1 pound black-eyed peas dried fresh canned or black-eyed peas can be substituted
- ☐ 0.5 teaspoon cayenne pepper
- ☐ 4 cups chicken stock see
- ☐ 4 garlic cloves sliced
- ☐ 1 teaspoon garlic powder
- ☐ 8 servings hot-pepper vinegar

- ☐ 1 medium onion diced
- ☐ 1 teaspoon freshly cracked pepper black
- ☐ 6 ounces boston butt pork shoulder diced
- ☐ 1.5 teaspoons salt
- ☐ 2 tablespoons vegetable oil
- ☐ 2 cups water

Equipment

- ☐ bowl
- ☐ pot

Directions

- ☐ Watch how to make this recipe.
- ☐ If using dried black-eyed peas, put them in a large pot and cover with about 4 inches of water. Soak the peas overnight, then drain the water and rinse. Alternatively, you can "quick-soak" the peas by bringing them and the water to a boil for 2 minutes. After this, remove them from the heat, cover the pot and soak the peas for 1 hour. Then, drain and rinse the peas.
- ☐ Heat the oil in a large pot over medium-high heat. When the oil is shimmering, add the pork. Sear until the pork is browned on all sides, 4 to 5 minutes.
- ☐ Add the bacon, onion and garlic to the pot and cook, stirring, until the onion and garlic are lightly browned, about 6 to 8 minutes.
- ☐ Add the salt, black pepper, cayenne and garlic powder. Cook until the entire mixture is coated with the spices, about 2 minutes.
- ☐ Pour in the stock and water and drop in the bay leaves. Bring the mixture to a boil, then reduce the heat and simmer, covered, for about 30 minutes.
- ☐ When the pork begins to fall apart, add the prepared peas to the pot and simmer until the peas are very soft, about 1 to 1 1/2 hours (see Cook's Note).
- ☐ Taste for seasonings, and add some hot-pepper vinegar, if desired. Discard the bay leaves and transfer the black-eyed peas to a serving bowl.

Nutrition Facts



 PROTEIN **20.53%**  FAT **48.2%**  CARBS **31.27%**

Properties

Glycemic Index:26.5, Glycemic Load:4.12, Inflammation Score:-5, Nutrition Score:12.260000040998%

Flavonoids

Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 2.82mg, Quercetin: 2.82mg, Quercetin: 2.82mg, Quercetin: 2.82mg

Nutrients (% of daily need)

Calories: 247.4kcal (12.37%), Fat: 13.31g (20.48%), Saturated Fat: 3.72g (23.23%), Carbohydrates: 19.43g (6.48%), Net Carbohydrates: 15.19g (5.52%), Sugar: 4.92g (5.47%), Cholesterol: 24.17mg (8.06%), Sodium: 743.9mg (32.34%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.75g (25.51%), Folate: 129.96µg (32.49%), Vitamin B1: 0.34mg (22.65%), Vitamin C: 16.54mg (20.05%), Manganese: 0.38mg (18.83%), Phosphorus: 185.91mg (18.59%), Vitamin B3: 3.62mg (18.12%), Selenium: 11.95µg (17.07%), Fiber: 4.24g (16.97%), Vitamin B6: 0.33mg (16.4%), Copper: 0.28mg (13.77%), Potassium: 432.38mg (12.35%), Vitamin B2: 0.2mg (12.04%), Iron: 2.14mg (11.89%), Magnesium: 45.34mg (11.33%), Zinc: 1.61mg (10.74%), Vitamin K: 9.45µg (9%), Vitamin B5: 0.49mg (4.92%), Vitamin E: 0.67mg (4.44%), Vitamin A: 170.85IU (3.42%), Vitamin B12: 0.2µg (3.32%), Calcium: 31.15mg (3.11%)