



Black-Eyed Peas with Caramelized Onion and Country Ham

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



377 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup balsamic vinegar
- 1 bay leaf
- 47.4 ounce from black-eyed peas (fresh with bush's best) shelled packed canned
- 14.5 ounce chicken broth (ready-to-serve) canned
- 0.3 pound country ham (diced)
- 1.5 teaspoons thyme (or dried fresh chopped)
- 2 tablespoons olive oil

- 0.5 teaspoon pepper freshly ground
- 1 large purple onion diced
- 8 servings garnish: thyme sprigs fresh

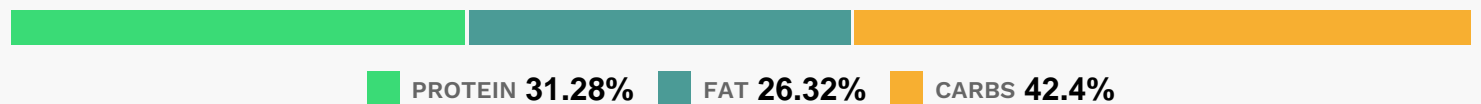
Equipment

- frying pan
- sauce pan

Directions

- Combine first 3 ingredients in a 2-quart saucepan; bring to a boil. Cover, reduce heat, and simmer 10 minutes; drain. Discard bay leaf. Return peas to pan; cover and set aside.
- Meanwhile, heat oil in a large skillet over medium-high heat.
- Add onion; cook 5 minutes or until golden, stirring often. Reduce heat; add ham, and cook 10 additional minutes or until ham is crisp and onion is well browned. Stir in vinegar, chopped thyme, and pepper; bring to a boil. Cook, stirring occasionally to loosen any caramelized bits from bottom of pan, 5 minutes or until mixture is a thin syrup.
- Pour over peas; toss well.
- Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:24.38, Glycemic Load:11.52, Inflammation Score:-9, Nutrition Score:21.223043389942%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 2.79mg, Quercetin: 2.79mg, Quercetin: 2.79mg, Quercetin: 2.79mg

Nutrients (% of daily need)

Calories: 376.7kcal (18.83%), Fat: 10.98g (16.89%), Saturated Fat: 2.74g (17.1%), Carbohydrates: 39.79g (13.26%), Net Carbohydrates: 28.39g (10.32%), Sugar: 8.51g (9.46%), Cholesterol: 34.48mg (11.49%), Sodium: 427.15mg (18.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.36g (58.72%), Folate: 354.45µg (88.61%), Fiber: 11.4g (45.58%), Manganese: 0.89mg (44.37%), Phosphorus: 379.65mg (37.96%), Iron: 5.59mg (31.08%), Vitamin B1: 0.43mg (28.83%), Magnesium: 107.01mg (26.75%), Zinc: 3.85mg (25.65%), Copper: 0.51mg (25.3%), Selenium: 16.96µg (24.22%), Potassium: 633.42mg (18.1%), Vitamin B6: 0.34mg (17.05%), Vitamin B3: 2.74mg (13.71%), Vitamin B2: 0.18mg (10.86%), Vitamin B12: 0.6µg (10.08%), Vitamin K: 9.62µg (9.16%), Vitamin E: 1.21mg (8.05%), Vitamin B5: 0.78mg (7.78%), Calcium: 64.25mg (6.43%), Vitamin C: 3.39mg (4.11%), Vitamin A: 172.51IU (3.45%)