



Black-Eyed Peas With Collard Greens and Turnips

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



550 min.

SERVINGS



4

CALORIES



125 kcal

SIDE DISH

Ingredients

- 1 cup black-eyed peas dried
- 1 bunch collard greens chopped
- 2 cloves garlic minced
- 1 tablespoon soy margarine
- 2 tomatoes chopped
- 1 turnip peeled chopped
- 1 tablespoon balsamic vinaigrette salad dressing

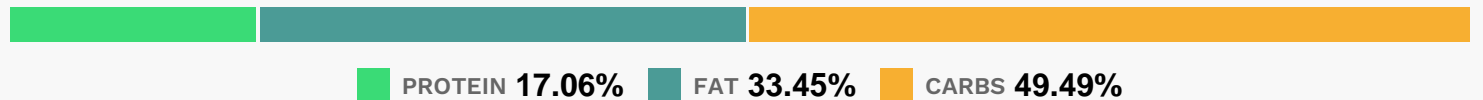
Equipment

- frying pan
- 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.
- In a large pot, cover black-eyed peas with fresh water. Bring to a boil over high heat, then reduce the heat to medium-low; cover and simmer until peas are tender, 40 to 60 minutes.
- Drain.
- Heat soy margarine in a skillet over medium heat.
- Add turnip and collard greens; cook for 2 minutes.
- Stir black-eyed peas, garlic, and tomatoes into collard mixture; cook and stir until collards are tender, about 5 minutes.
- Season with balsamic vinaigrette and olive oil.

Nutrition Facts



Properties

Glycemic Index:45.5, Glycemic Load:4.31, Inflammation Score:-9, Nutrition Score:18.540869505509%

Flavonoids

Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 4.21mg, Kaempferol: 4.21mg, Kaempferol: 4.21mg, Kaempferol: 4.21mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 1.6mg, Quercetin: 1.6mg, Quercetin: 1.6mg, Quercetin: 1.6mg

Nutrients (% of daily need)

Calories: 125.29kcal (6.26%), Fat: 4.94g (7.61%), Saturated Fat: 1.06g (6.6%), Carbohydrates: 16.46g (5.49%), Net Carbohydrates: 10.44g (3.8%), Sugar: 4.53g (5.03%), Cholesterol: 0mg (0%), Sodium: 56.21mg (2.44%), Alcohol: 0g

(100%), Alcohol %: 0% (100%), Protein: 5.67g (11.35%), Vitamin K: 219.12µg (208.68%), Vitamin A: 3036.57IU (60.73%), Folate: 164.56µg (41.14%), Vitamin C: 32.24mg (39.08%), Manganese: 0.65mg (32.64%), Fiber: 6.01g (24.05%), Vitamin E: 2.4mg (15.98%), Calcium: 138.54mg (13.85%), Potassium: 432.04mg (12.34%), Magnesium: 46.11mg (11.53%), Vitamin B6: 0.22mg (10.83%), Phosphorus: 104.39mg (10.44%), Copper: 0.2mg (10.19%), Vitamin B1: 0.15mg (10.03%), Iron: 1.59mg (8.81%), Vitamin B2: 0.11mg (6.35%), Zinc: 0.86mg (5.73%), Vitamin B3: 1.06mg (5.32%), Vitamin B5: 0.43mg (4.28%), Selenium: 2.18µg (3.12%)