



Black-Eyed Peas with Greens



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



9

CALORIES



97 kcal

SIDE DISH

Ingredients

- ☐ 2 cups black-eyed peas fresh
- ☐ 2 tablespoons butter
- ☐ 0.5 teaspoon pepper
- ☐ 1 tablespoon pepper vinegar hot (such as Crystal)
- ☐ 2 cups onion red finely chopped
- ☐ 1 pound swiss chard coarsely chopped
- ☐ 4 cups vegetable broth
- ☐ 3 cups water

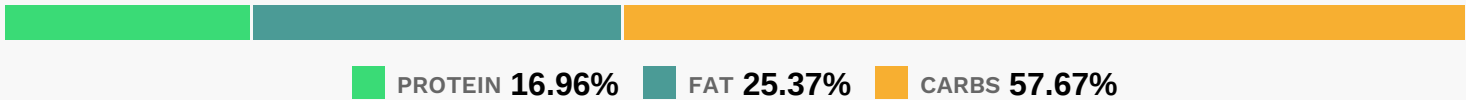
Equipment

- ☐ frying pan
- ☐ dutch oven

Directions

- ☐ Combine first 3 ingredients in a Dutch oven; bring to a boil. Reduce heat; simmer, partially covered, 30 minutes or until tender.
- ☐ Remove from heat.
- ☐ Heat butter in a large skillet over medium-high heat.
- ☐ Add onion; saut 5 minutes.
- ☐ Add Swiss chard and pepper. Saut 3 minutes or until wilted; stir in vinegar.
- ☐ Add onion mixture to peas; stir.

Nutrition Facts



Properties

Glycemic Index:30.22, Glycemic Load:3.98, Inflammation Score:-10, Nutrition Score:15.478695666013%

Flavonoids

Catechin: 0.76mg, Catechin: 0.76mg, Catechin: 0.76mg, Catechin: 0.76mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.78mg, Isorhamnetin: 1.78mg, Isorhamnetin: 1.78mg, Isorhamnetin: 1.78mg Kaempferol: 3.15mg, Kaempferol: 3.15mg, Kaempferol: 3.15mg, Kaempferol: 3.15mg Myricetin: 1.57mg, Myricetin: 1.57mg, Myricetin: 1.57mg, Myricetin: 1.57mg Quercetin: 8.33mg, Quercetin: 8.33mg, Quercetin: 8.33mg, Quercetin: 8.33mg

Nutrients (% of daily need)

Calories: 96.61kcal (4.83%), Fat: 2.87g (4.42%), Saturated Fat: 1.68g (10.53%), Carbohydrates: 14.7g (4.9%), Net Carbohydrates: 10.75g (3.91%), Sugar: 4.3g (4.78%), Cholesterol: 6.69mg (2.23%), Sodium: 552.2mg (24.01%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.32g (8.64%), Vitamin K: 419.74µg (399.75%), Vitamin A: 3405.54IU (68.11%), Vitamin C: 20.3mg (24.6%), Folate: 93.81µg (23.45%), Manganese: 0.43mg (21.46%), Magnesium: 66.06mg (16.52%), Fiber: 3.95g (15.79%), Copper: 0.22mg (11.14%), Iron: 1.97mg (10.94%), Potassium: 356.77mg (10.19%), Phosphorus: 94.76mg (9.48%), Vitamin B1: 0.12mg (7.68%), Vitamin E: 1.15mg (7.68%), Vitamin

B6: 0.14mg (6.98%), Zinc: 0.75mg (5.01%), Calcium: 46.89mg (4.69%), Vitamin B2: 0.08mg (4.63%), Vitamin B5: 0.3mg (2.96%), Selenium: 1.63µg (2.33%), Vitamin B3: 0.46mg (2.28%)