



Black-Eyed Peas with Swiss Chard



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



108 kcal

SIDE DISH

Ingredients

- ☐ 1.5 cups black-eyed peas dried
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 2 cups less-sodium chicken broth fat-free
- ☐ 4 ounces feta cheese crumbled
- ☐ 2 garlic cloves minced
- ☐ 0.3 cup juice of lemon fresh
- ☐ 1 teaspoon olive oil
- ☐ 1 cup onion finely chopped

- ☐ 1 tablespoon oregano fresh chopped
- ☐ 0.3 teaspoon salt
- ☐ 1 pound swiss chard
- ☐ 1.5 tablespoons tomato paste

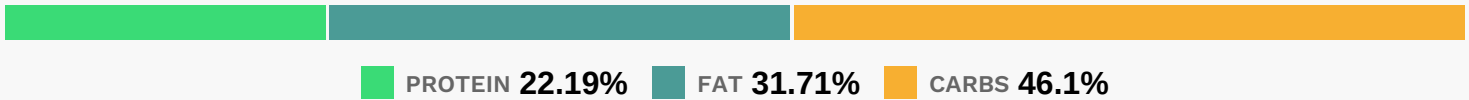
Equipment

- ☐ frying pan
- ☐ paper towels
- ☐ dutch oven

Directions

- ☐ Wash Swiss chard thoroughly.
- ☐ Remove and chop stems. Slice leaves into (1-inch) strips.
- ☐ Place peas in a large Dutch oven; cover with water to 2 inches above beans. Bring to a boil; cook 5 minutes.
- ☐ Drain peas; set aside. Wipe pan with a paper towel.
- ☐ Heat oil in pan over medium-high heat.
- ☐ Add onion; saut 2 minutes.
- ☐ Add tomato paste and garlic; cook 1 minute, stirring constantly. Stir in peas and broth; bring to a boil. Cover, reduce heat, and simmer 20 minutes or until peas are tender. Stir in chard stems and cheese; cover and cook 4 minutes. Stir in chard leaves, oregano, salt, and pepper; cover and cook 2 minutes. Stir in lemon juice.

Nutrition Facts



Properties

Glycemic Index:29.88, Glycemic Load:3.12, Inflammation Score:-10, Nutrition Score:17.951739181643%

Flavonoids

Catechin: 0.85mg, Catechin: 0.85mg, Catechin: 0.85mg, Catechin: 0.85mg Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.1mg, Hesperetin: 1.1mg, Hesperetin: 1.1mg, Hesperetin: 1.1mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 3.42mg, Kaempferol: 3.42mg, Kaempferol: 3.42mg, Kaempferol: 3.42mg Myricetin: 1.78mg, Myricetin: 1.78mg, Myricetin: 1.78mg, Myricetin: 1.78mg Quercetin: 5.35mg, Quercetin: 5.35mg, Quercetin: 5.35mg, Quercetin: 5.35mg

Nutrients (% of daily need)

Calories: 107.5kcal (5.38%), Fat: 4.01g (6.17%), Saturated Fat: 2.04g (12.76%), Carbohydrates: 13.13g (4.38%), Net Carbohydrates: 9.34g (3.4%), Sugar: 3.21g (3.57%), Cholesterol: 12.62mg (4.21%), Sodium: 613.31mg (26.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.32g (12.64%), Vitamin K: 476.13µg (453.46%), Vitamin A: 3590.02IU (71.8%), Vitamin C: 22.48mg (27.24%), Manganese: 0.46mg (22.93%), Folate: 87.32µg (21.83%), Magnesium: 71.98mg (18%), Fiber: 3.79g (15.15%), Phosphorus: 141.47mg (14.15%), Iron: 2.39mg (13.29%), Vitamin B2: 0.22mg (12.69%), Calcium: 126.61mg (12.66%), Potassium: 409.56mg (11.7%), Copper: 0.23mg (11.51%), Vitamin B6: 0.21mg (10.32%), Vitamin E: 1.52mg (10.13%), Vitamin B1: 0.13mg (8.61%), Zinc: 1.12mg (7.49%), Selenium: 5.1µg (7.28%), Vitamin B12: 0.35µg (5.88%), Vitamin B3: 1mg (5%), Vitamin B5: 0.49mg (4.85%)