



## CB's Black Eyed Peas



Gluten Free



Dairy Free

READY IN



265 min.

SERVINGS



10

CALORIES



110 kcal

SIDE DISH

## Ingredients

- ☐ 4 slices bacon chopped
- ☐ 1 pound black-eyed peas dry
- ☐ 14.5 ounce canned tomatoes diced undrained canned
- ☐ 1 tablespoon chili powder
- ☐ 1 clove garlic minced
- ☐ 1 jalapeno finely chopped
- ☐ 1 onion chopped
- ☐ 10 servings salt to taste

☐ 6 cups water

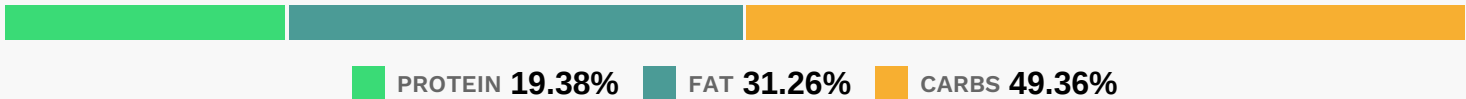
## Equipment

- ☐ frying pan
- ☐ slow cooker

## Directions

- ☐ Place the bacon in a large, deep skillet, and cook over medium heat, stirring occasionally, until evenly browned, about 10 minutes.
- ☐ Place the dried peas, water, onion, tomatoes, jalapeno pepper, garlic, and chili powder into a slow cooker, and stir to combine. Stir in the bacon and bacon grease, and set the cooker on High. Cook until peas are tender, about 4 hours. Season to taste with salt, and serve.

## Nutrition Facts



## Properties

Glycemic Index:16.8, Glycemic Load:3.77, Inflammation Score:-5, Nutrition Score:7.9495651715476%

## Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.31mg, Quercetin: 2.31mg, Quercetin: 2.31mg, Quercetin: 2.31mg

## Nutrients (% of daily need)

Calories: 109.98kcal (5.5%), Fat: 3.98g (6.12%), Saturated Fat: 1.27g (7.97%), Carbohydrates: 14.14g (4.71%), Net Carbohydrates: 9.9g (3.6%), Sugar: 3.89g (4.32%), Cholesterol: 5.81mg (1.94%), Sodium: 328.87mg (14.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.55g (11.1%), Folate: 102.39µg (25.6%), Fiber: 4.24g (16.96%), Manganese: 0.33mg (16.32%), Copper: 0.24mg (11.86%), Iron: 1.88mg (10.45%), Vitamin B1: 0.16mg (10.33%), Phosphorus: 103mg (10.3%), Magnesium: 37.32mg (9.33%), Potassium: 300.34mg (8.58%), Vitamin B6: 0.17mg (8.5%), Vitamin C: 6.54mg (7.92%), Vitamin A: 350.98IU (7.02%), Vitamin E: 1.04mg (6.91%), Vitamin B3: 1.21mg (6.03%), Zinc: 0.87mg (5.82%), Selenium: 3.42µg (4.88%), Vitamin K: 4.1µg (3.91%), Vitamin B2: 0.07mg (3.84%), Vitamin B5: 0.38mg (3.76%), Calcium: 35.56mg (3.56%)