



Collard 'n' Black-eyed Pea Stew

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



156 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 16 ounce black-eyed peas drained canned
- ☐ 3 cups chicken broth
- ☐ 16 ounce collard greens frozen chopped
- ☐ 2 cups ham cooked chopped
- ☐ 10 ounce onion diced green red frozen
- ☐ 1 teaspoon seasoned pepper
- ☐ 1 teaspoon sugar
- ☐ 1 tablespoon vegetable oil

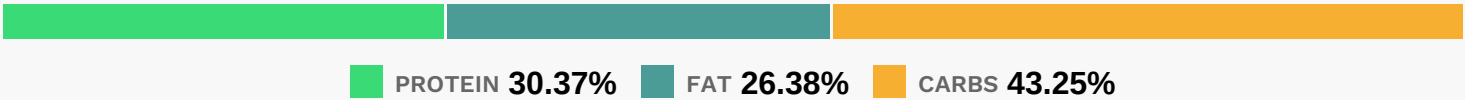
Equipment

☐ dutch oven

Directions

- ☐ Saut ham in hot oil in a Dutch oven over medium-high heat 5 minutes or until lightly browned.
- ☐ Add broth and next 4 ingredients; bring to a boil. Cover, reduce heat to low, and simmer, stirring occasionally, 15 minutes. Stir in black-eyed peas, and cook 10 more minutes
- ☐ Note: For testing purposes only, we used McKenzie's Seasoning Blend for frozen diced onion, red and green bell peppers, and celery. You may substitute 1 chopped onion, 1 chopped red bell pepper, 1 chopped green bell pepper, and 1 chopped celery rib.

Nutrition Facts



Properties

Glycemic Index:19.14, Glycemic Load:3.8, Inflammation Score:-10, Nutrition Score:23.301304526951%

Flavonoids

Luteolin: 1.71mg, Luteolin: 1.71mg, Luteolin: 1.71mg, Luteolin: 1.71mg Kaempferol: 4.98mg, Kaempferol: 4.98mg, Kaempferol: 4.98mg, Kaempferol: 4.98mg Quercetin: 2.24mg, Quercetin: 2.24mg, Quercetin: 2.24mg, Quercetin: 2.24mg

Nutrients (% of daily need)

Calories: 155.96kcal (7.8%), Fat: 4.75g (7.31%), Saturated Fat: 0.88g (5.53%), Carbohydrates: 17.53g (5.84%), Net Carbohydrates: 10.91g (3.97%), Sugar: 3.86g (4.29%), Cholesterol: 22.39mg (7.46%), Sodium: 666.26mg (28.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.31g (24.62%), Vitamin K: 254.9µg (242.76%), Vitamin C: 55.32mg (67.05%), Vitamin A: 2988.48IU (59.77%), Folate: 195.51µg (48.88%), Manganese: 0.77mg (38.57%), Fiber: 6.62g (26.48%), Vitamin B1: 0.33mg (22.26%), Phosphorus: 196.12mg (19.61%), Calcium: 155.03mg (15.5%), Vitamin B6: 0.3mg (15.13%), Magnesium: 56.14mg (14.04%), Vitamin B2: 0.23mg (13.8%), Potassium: 438.98mg (12.54%), Copper: 0.25mg (12.51%), Iron: 2.14mg (11.87%), Vitamin E: 1.75mg (11.65%), Selenium: 8.12µg (11.59%), Zinc: 1.59mg (10.61%), Vitamin B3: 2.07mg (10.36%), Vitamin B12: 0.42µg (6.93%), Vitamin B5: 0.68mg (6.78%)