



Cooked Field Peas



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



102 kcal

SIDE DISH

Ingredients

- ☐ 3 cups pink-eyed peas fresh shelled (or other field pea variety)
- ☐ 0.1 teaspoon pepper black freshly ground
- ☐ 1 small garlic clove crushed
- ☐ 0.5 teaspoon kosher salt
- ☐ 2 tablespoons onion chopped
- ☐ 1 thyme sprig fresh
- ☐ 4 cups water cold

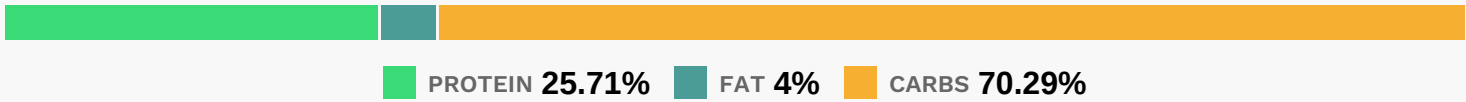
Equipment

- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ Sort and wash peas; place in a medium saucepan.
- ☐ Add 4 cups cold water and remaining ingredients to pan; bring to a boil. Partially cover, reduce heat, and simmer 30 minutes or until tender; skim surface occasionally, discarding solids.
- ☐ Drain; discard thyme and garlic.

Nutrition Facts



Properties

Glycemic Index:29.17, Glycemic Load:5.16, Inflammation Score:-6, Nutrition Score:8.2947826916757%

Flavonoids

Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.69mg, Quercetin: 0.69mg, Quercetin: 0.69mg, Quercetin: 0.69mg

Nutrients (% of daily need)

Calories: 102.11kcal (5.11%), Fat: 0.47g (0.72%), Saturated Fat: 0.12g (0.76%), Carbohydrates: 18.4g (6.13%), Net Carbohydrates: 12.71g (4.62%), Sugar: 2.98g (3.32%), Cholesterol: 0mg (0%), Sodium: 205.36mg (8.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.73g (13.46%), Folate: 179.61µg (44.9%), Fiber: 5.69g (22.76%), Manganese: 0.43mg (21.49%), Phosphorus: 136.13mg (13.61%), Copper: 0.26mg (13.01%), Iron: 2.21mg (12.27%), Magnesium: 47.96mg (11.99%), Vitamin B1: 0.18mg (11.76%), Zinc: 1.14mg (7.6%), Potassium: 247.56mg (7.07%), Vitamin B6: 0.1mg (4.85%), Vitamin B5: 0.36mg (3.62%), Selenium: 2.24µg (3.2%), Vitamin B2: 0.05mg (2.92%), Calcium: 28.02mg (2.8%), Vitamin B3: 0.44mg (2.18%), Vitamin E: 0.24mg (1.62%), Vitamin K: 1.55µg (1.48%), Vitamin C: 1.01mg (1.23%)