



Creole Black-eyed Peas

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



130 min.

SERVINGS



6

CALORIES



108 kcal

SIDE DISH

Ingredients

- 2 cups pea-mond dressing dried picked over rinsed
- 0.5 teaspoon pepper black
- 15 ounce canned tomatoes diced canned
- 0.1 teaspoon ground pepper to taste ()
- 1 rib celery chopped
- 3 cloves garlic minced
- 1 bell pepper green chopped
- 1 tablespoon hot sauce to taste (or)

- 0.5 teaspoon liquid smoke
- 1 large onion chopped
- 1 teaspoon oregano dried
- 1 teaspoon salt to taste (or)
- 5 cups water

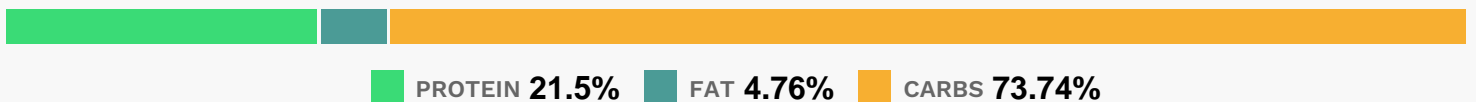
Equipment

- pot
- pressure cooker

Directions

- Add the black-eyed peas and water, seal the cooker, and bring to high pressure. Cook at high pressure for 10 minutes.
- Remove from heat and allow pressure to come down naturally. Once the pressure is down, open the cooker and add all remaining ingredients except Liquid Smoke. Return to the heat and simmer for 15–30 minutes, until peas are completely soft and thickened.
- Add the Liquid Smoke and cook for another 5 minutes.
- Serve hot over rice with more hot sauce on the table. To make without a pressure cooker, soak the peas overnight in cold water.
- Drain. Follow the directions for sautéing the vegetables. Then add all ingredients except liquid smoke to the pot, along with enough additional water to cover the peas by one inch. Cook until peas are completely tender, about 1 1/2 to 2 hours, adding more water as necessary. When they're tender, add the Liquid Smoke, cook for 5 more minutes, and serve over rice.

Nutrition Facts



Properties

Glycemic Index:41.17, Glycemic Load:5.58, Inflammation Score:-7, Nutrition Score:11.965217434842%

Flavonoids

Apigenin: 0.19mg, Apigenin: 0.19mg, Apigenin: 0.19mg, Apigenin: 0.19mg Luteolin: 1.01mg, Luteolin: 1.01mg, Luteolin: 1.01mg, Luteolin: 1.01mg Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg
Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 5.57mg, Quercetin: 5.57mg, Quercetin: 5.57mg, Quercetin: 5.57mg

Nutrients (% of daily need)

Calories: 107.99kcal (5.4%), Fat: 0.61g (0.95%), Saturated Fat: 0.14g (0.9%), Carbohydrates: 21.42g (7.14%), Net Carbohydrates: 15.24g (5.54%), Sugar: 6.7g (7.44%), Cholesterol: 0mg (0%), Sodium: 558.79mg (24.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.24g (12.49%), Folate: 138.64µg (34.66%), Vitamin C: 26.88mg (32.58%), Manganese: 0.53mg (26.56%), Fiber: 6.18g (24.7%), Copper: 0.35mg (17.5%), Iron: 2.67mg (14.86%), Vitamin B6: 0.27mg (13.5%), Potassium: 472.06mg (13.49%), Magnesium: 53.49mg (13.37%), Vitamin B1: 0.2mg (13.19%), Phosphorus: 128.35mg (12.83%), Vitamin K: 10.71µg (10.2%), Vitamin E: 1.22mg (8.14%), Zinc: 1.06mg (7.07%), Vitamin B3: 1.33mg (6.66%), Calcium: 63.42mg (6.34%), Vitamin A: 292.36IU (5.85%), Vitamin B2: 0.09mg (5.32%), Vitamin B5: 0.52mg (5.16%), Selenium: 2.25µg (3.22%)