



Creole Black Eyed Peas

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



143 kcal

SIDE DISH

Ingredients

- 2 bay leaf whole
- 1 cup black-eyed peas drained and rinsed
- 0.3 tsp cajun spice
- 1 dash hot sauce
- 1 dash liquid smoke
- 0.5 cup onion diced
- 8 ounces roasted bell peppers red (in water)
- 1 cup vegetable broth

Equipment

- pot
- blender

Directions

- Drain the roasted red bell peppers and set aside. Line a medium pot with 1/4 cup broth and saute onions until translucent, about three minutes.
 - Transfer onions to blender and add red bell peppers. Blend until smooth and creamy. Return mixture to the pot and add Cajun spice, beans, leaves and liquid smoke. Cover and bring to a boil over high heat. Once boiling, reduce to low and simmer until thoroughly warmed.
 - Add hot sauce and season with salt and pepper to taste.
 - Add part or all of the remaining broth if desired (for a thinner gravy and a milder flavor).
 - Serve over cooked brown rice or barley.
- Nutritional Information
- Amount Per Serving
 - Calories
 - Fat
 - Carbohydrate
 - gDietary Fiber5gSugars2gProtein9g

Nutrition Facts



Properties

Glycemic Index:64, Glycemic Load:6.54, Inflammation Score:-8, Nutrition Score:15.638260872468%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 8.12mg, Quercetin: 8.12mg, Quercetin: 8.12mg

Nutrients (% of daily need)

Calories: 143.18kcal (7.16%), Fat: 0.88g (1.36%), Saturated Fat: 0.19g (1.22%), Carbohydrates: 27.75g (9.25%), Net Carbohydrates: 19.99g (7.27%), Sugar: 5.56g (6.18%), Cholesterol: 0mg (0%), Sodium: 2030.11mg (88.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.04g (16.09%), Vitamin C: 56.12mg (68.02%), Folate: 204.95µg (51.24%), Manganese: 0.65mg (32.71%), Fiber: 7.76g (31.03%), Vitamin A: 1001.52IU (20.03%), Copper: 0.4mg (19.8%), Iron: 3.25mg (18.08%), Vitamin B6: 0.34mg (17.19%), Phosphorus: 169.46mg (16.95%), Magnesium: 62.69mg (15.67%), Vitamin B1: 0.22mg (14.76%), Potassium: 470.2mg (13.43%), Zinc: 1.4mg (9.32%), Calcium: 77.83mg (7.78%), Vitamin B2: 0.1mg (5.65%), Vitamin B3: 1.13mg (5.63%), Vitamin B5: 0.45mg (4.53%), Selenium: 2.71µg (3.87%), Vitamin E: 0.33mg (2.22%), Vitamin K: 1.85µg (1.77%)