



## Creole-Roasted Black-eyed Peas

 Vegetarian  Vegan  Gluten Free  Dairy Free  Very Healthy

READY IN



85 min.

SERVINGS



4

CALORIES



355 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 31.6 oz black-eyed peas drained and rinsed canned
- 1.5 teaspoons creole seasoning
- 3 tablespoons olive oil

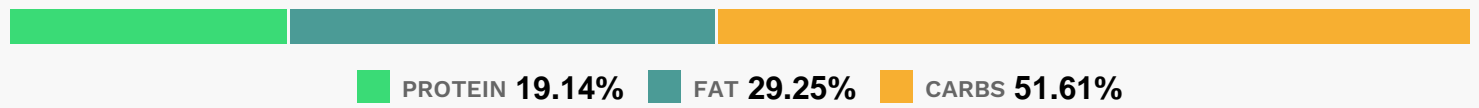
### Equipment

- frying pan
- oven

## Directions

- Preheat oven to 42
- Gently toss black-eyed peas with olive oil and Creole seasoning.
- Transfer mixture to a lightly greased 17- x 12-inch jelly-roll pan.
- Bake 55 to 60 minutes or until crispy and dry, stirring every 10 minutes.
- Let cool 20 minutes.
- Note: We tested with Bush's Best Blackeye Peas.

## Nutrition Facts



## Properties

Glycemic Index:18.25, Glycemic Load:13.16, Inflammation Score:-8, Nutrition Score:21.354347550351%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

## Nutrients (% of daily need)

Calories: 355kcal (17.75%), Fat: 11.82g (18.18%), Saturated Fat: 1.78g (11.14%), Carbohydrates: 46.92g (15.64%), Net Carbohydrates: 32.16g (11.69%), Sugar: 7.47g (8.3%), Cholesterol: 0mg (0%), Sodium: 9.39mg (0.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.4g (34.8%), Folate: 466.63µg (116.66%), Fiber: 14.76g (59.05%), Manganese: 1.08mg (53.94%), Phosphorus: 351.58mg (35.16%), Iron: 5.74mg (31.88%), Vitamin B1: 0.45mg (30.32%), Copper: 0.6mg (30.15%), Magnesium: 119.84mg (29.96%), Zinc: 2.91mg (19.38%), Potassium: 637.82mg (18.22%), Vitamin E: 2.36mg (15.75%), Vitamin B6: 0.24mg (12.12%), Vitamin K: 10.73µg (10.22%), Vitamin B5: 0.92mg (9.2%), Selenium: 5.66µg (8.09%), Vitamin B2: 0.13mg (7.65%), Vitamin A: 345.67IU (6.91%), Vitamin B3: 1.17mg (5.87%), Calcium: 54.97mg (5.5%), Vitamin C: 1.47mg (1.78%)