



## Crowder Pea Stew with Cornmeal Dumplings

 Vegetarian

READY IN



45 min.

SERVINGS



5

CALORIES



280 kcal

SOUP

ANTIPASTI

STARTER

SNACK

## Ingredients

- ☐ 0.5 teaspoon double-acting baking powder
- ☐ 1 bay leaf
- ☐ 0.5 teaspoon pepper black
- ☐ 1 tablespoon butter melted
- ☐ 1 cup celery finely chopped
- ☐ 1 large eggs lightly beaten
- ☐ 3 cups less-sodium chicken broth fat-free
- ☐ 0.5 cup flour all-purpose

- ☐ 0.3 cup buttermilk low-fat
- ☐ 8 ounce pre mushrooms
- ☐ 1 tablespoon olive oil
- ☐ 1 cup onion finely chopped
- ☐ 1 tablespoon teaspoon oregano dried fresh chopped
- ☐ 2 cups crowder peas fresh
- ☐ 0.5 teaspoon salt
- ☐ 0.5 teaspoon sugar
- ☐ 1.5 pounds tomatoes peeled chopped
- ☐ 0.5 cup cornmeal yellow

## Equipment

- ☐ bowl
- ☐ whisk
- ☐ dutch oven

## Directions

- ☐ To prepare stew, heat oil in a large Dutch oven over medium heat.
- ☐ Add onion; cook 5 minutes or until golden, stirring frequently.
- ☐ Add celery, salt, and mushrooms; cook 3 minutes, stirring frequently.
- ☐ Add broth, peas, oregano, pepper, and bay leaf; bring to a boil. Reduce heat, and simmer, partially covered, 45 minutes or until peas are tender.
- ☐ Add tomatoes; return to a boil. Reduce heat, and simmer, partially covered, 15 minutes. Discard bay leaf.
- ☐ To prepare dumplings, while stew is simmering, combine cornmeal and next 4 ingredients (cornmeal through sugar) in a bowl, stirring with a whisk. Stir in buttermilk, butter, and egg; let stand 10 minutes.
- ☐ Drop dough by tablespoonfuls into stew to form 15 dumplings. Cover and cook 15 minutes.
- ☐ Garnish with parsley, if desired.

## Nutrition Facts

 **PROTEIN 16.2%**  **FAT 25.61%**  **CARBS 58.19%**

Properties

Glycemic Index:113.18, Glycemic Load:18.94, Inflammation Score:-10, Nutrition Score:23.278261039568%

Flavonoids

Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Naringenin: 0.93mg, Naringenin: 0.93mg, Naringenin: 0.93mg, Naringenin: 0.93mg Apigenin: 0.58mg, Apigenin: 0.58mg, Apigenin: 0.58mg, Apigenin: 0.58mg Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Isorhamnetin: 1.6mg, Isorhamnetin: 1.6mg, Isorhamnetin: 1.6mg, Isorhamnetin: 1.6mg Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 7.36mg, Quercetin: 7.36mg, Quercetin: 7.36mg, Quercetin: 7.36mg

Nutrients (% of daily need)

Calories: 279.58kcal (13.98%), Fat: 8.26g (12.71%), Saturated Fat: 2.57g (16.08%), Carbohydrates: 42.21g (14.07%), Net Carbohydrates: 33.64g (12.23%), Sugar: 11.13g (12.36%), Cholesterol: 43.86mg (14.62%), Sodium: 918.54mg (39.94%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.75g (23.51%), Vitamin C: 45.98mg (55.74%), Manganese: 0.76mg (37.97%), Vitamin K: 39.72µg (37.83%), Vitamin A: 1819.4IU (36.39%), Fiber: 8.57g (34.29%), Folate: 116.84µg (29.21%), Vitamin B2: 0.49mg (28.66%), Vitamin B3: 5.72mg (28.59%), Vitamin B1: 0.43mg (28.48%), Phosphorus: 257.99mg (25.8%), Potassium: 867.1mg (24.77%), Selenium: 17.17µg (24.53%), Vitamin B6: 0.46mg (22.98%), Copper: 0.45mg (22.34%), Iron: 3.44mg (19.12%), Magnesium: 70.93mg (17.73%), Vitamin B5: 1.47mg (14.75%), Zinc: 2.1mg (14.03%), Calcium: 118.72mg (11.87%), Vitamin E: 1.71mg (11.39%), Vitamin B12: 0.42µg (6.99%), Vitamin D: 0.29µg (1.94%)