



Crowder Peas

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



122 kcal

SIDE DISH

Ingredients

- 0.5 medium carrots cut in half lengthwise
- 2 rib celery stalks cut into 2-inch pieces
- 2 garlic clove peeled cut in half
- 2 tablespoons ham jarred
- 1 tablespoon olive oil
- 0.5 large onion cut in half
- 2 cups peas fresh
- 0.5 teaspoon pepper

- 0.5 teaspoon salt
- 2 thyme sprigs fresh

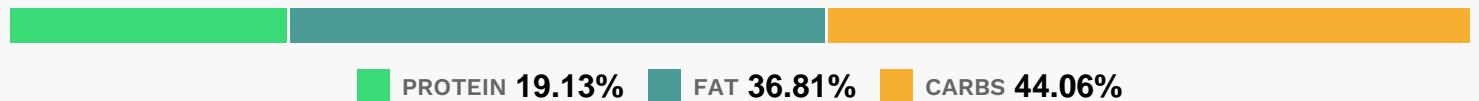
Equipment

- dutch oven

Directions

- Cook first 4 ingredients in hot oil in a Dutch oven over medium-high heat, stirring often, 5 minutes. Stir in ham base and 4 cups of water until well blended.
- Add peas, thyme, salt, and pepper, and bring mixture to a boil. Reduce heat to low, and simmer 20 minutes or until peas are done.
- Remove from heat; cool 30 minutes.
- Drain peas, reserving cooking liquid for another use.
- Remove and discard onion, carrots, celery, and thyme sprigs.
- Note: For testing purposes only, we used Superior Touch Better Than Bouillon ham base.

Nutrition Facts



Properties

Glycemic Index:64.29, Glycemic Load:3.62, Inflammation Score:-9, Nutrition Score:11.200869525256%

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 Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 3.85mg, Quercetin: 3.85mg, Quercetin: 3.85mg, Quercetin: 3.85mg

Nutrients (% of daily need)

Calories: 121.69kcal (6.08%), Fat: 5.09g (7.83%), Saturated Fat: 0.99g (6.21%), Carbohydrates: 13.72g (4.57%), Net Carbohydrates: 8.88g (3.23%), Sugar: 5.29g (5.88%), Cholesterol: 4.58mg (1.53%), Sodium: 388.9mg (16.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.95g (11.91%), Vitamin C: 32.12mg (38.94%), Vitamin A:

1856.34IU (37.13%), Vitamin K: 21.75µg (20.71%), Manganese: 0.4mg (20.01%), Fiber: 4.84g (19.35%), Vitamin B1: 0.25mg (16.97%), Folate: 52.85µg (13.21%), Phosphorus: 105.57mg (10.56%), Vitamin B6: 0.21mg (10.25%), Vitamin B3: 1.97mg (9.83%), Copper: 0.16mg (7.77%), Zinc: 1.15mg (7.68%), Potassium: 263.6mg (7.53%), Iron: 1.35mg (7.51%), Magnesium: 29.78mg (7.45%), Vitamin B2: 0.13mg (7.43%), Selenium: 3.31µg (4.73%), Vitamin E: 0.68mg (4.56%), Calcium: 31.73mg (3.17%), Vitamin B5: 0.17mg (1.69%)