

Dave's Georgia Black Eyed Peas

 Gluten Free

READY IN



995 min.

SERVINGS



16

CALORIES



285 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 pound bacon
- ☐ 2 pounds black-eyed peas dried
- ☐ 0.5 cup butter
- ☐ 8 cubes chicken bouillon
- ☐ 1 pound ham cooked cut into bite-size pieces
- ☐ 16 servings salt and pepper black to taste
- ☐ 12 cups water
- ☐ 2 large onions yellow chopped

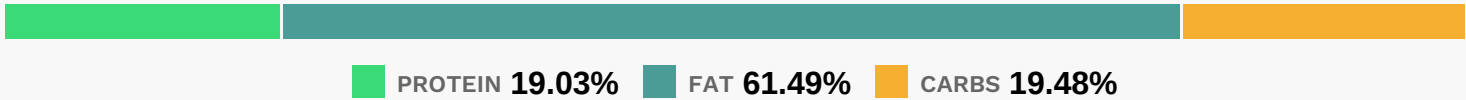
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ sauce pan
- ☐ pot

Directions

- ☐ Rinse, pick over, and place the peas in a large bowl. Cover with several inches of cool water; let stand 8 hours to overnight.
- ☐ Pour the water into a large saucepan or soup pot.
- ☐ Add the bouillon cubes and bring to a boil, stirring occasionally to dissolve the bouillon. Stir in the peas, reduce heat, and bring to a simmer.
- ☐ Place the bacon in a large, deep skillet and cook over medium-high heat, turning occasionally, until evenly browned, about 10 minutes.
- ☐ Drain the bacon slices on a paper towel-lined plate. Crumble the bacon and set aside.
- ☐ Melt the butter in the pan with the bacon grease; cook and stir the onions until they begin to turn brown at the edges, about 10 minutes. Stir the onions and cooking fat into the peas; add the crumbled bacon, ham, and salt and pepper to taste. Simmer the peas over low heat for 8 hours, stirring every hour.

Nutrition Facts



Properties

Glycemic Index:7.38, Glycemic Load:3.7, Inflammation Score:-5, Nutrition Score:10.805217411207%

Flavonoids

Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.81mg, Quercetin: 3.81mg, Quercetin: 3.81mg, Quercetin: 3.81mg

Nutrients (% of daily need)

Calories: 284.61kcal (14.23%), Fat: 19.49g (29.98%), Saturated Fat: 7.98g (49.9%), Carbohydrates: 13.89g (4.63%), Net Carbohydrates: 9.89g (3.6%), Sugar: 2.67g (2.97%), Cholesterol: 54.66mg (18.22%), Sodium: 768.41mg (33.41%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.57g (27.14%), Folate: 122.56µg (30.64%), Vitamin B1: 0.35mg (23.47%), Phosphorus: 219.21mg (21.92%), Selenium: 12.9µg (18.42%), Fiber: 4g (16.02%), Manganese: 0.31mg (15.52%), Vitamin B3: 2.45mg (12.27%), Zinc: 1.75mg (11.7%), Copper: 0.23mg (11.6%), Vitamin B6: 0.23mg (11.37%), Magnesium: 43.21mg (10.8%), Iron: 1.82mg (10.13%), Vitamin C: 8.22mg (9.96%), Vitamin B12: 0.55µg (9.23%), Potassium: 322.57mg (9.22%), Vitamin B2: 0.13mg (7.6%), Vitamin B5: 0.67mg (6.69%), Vitamin A: 196.64IU (3.93%), Vitamin E: 0.45mg (2.99%), Calcium: 28.21mg (2.82%), Vitamin K: 1.54µg (1.46%)