



Deep-Fried Black-Eyed Pea and Ham Bites with a Sweet Cranberry Dipping Sauce

 Gluten Free  Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



486 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 servings pepper black freshly ground
- ☐ 1 can black-eyed peas mashed drained
- ☐ 1 cup ham cooked finely chopped
- ☐ 1 cup cornstarch
- ☐ 4 egg whites
- ☐ 1 teaspoon garlic powder
- ☐ 1 tablespoon maple syrup

- ☐ 0.5 bell pepper red finely chopped
- ☐ 4 servings salt
- ☐ 2 shallots finely chopped
- ☐ 4 servings vegetable oil for frying
- ☐ 1 can cranberry sauce whole

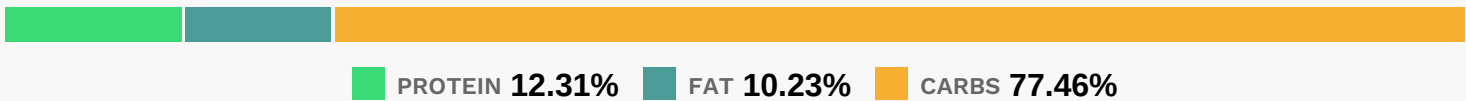
Equipment

- ☐ bowl
- ☐ paper towels
- ☐ sauce pan
- ☐ baking pan
- ☐ dutch oven

Directions

- ☐ In a large bowl combine the peas, shallot, bell pepper and ham.
- ☐ Mix in cornstarch, egg whites, salt and pepper, to taste.
- ☐ In a small saucepan, combine cranberry sauce, syrup and garlic powder.
- ☐ Heat through until warm. Cover and keep warm.
- ☐ Heat oil in a Dutch oven or deep-fryer until it reaches 325 degrees F. Working in batches and using 2 teaspoons, carefully slide small portions (bites) of the pea mixture into the hot oil.
Note: The pea mixture is not very firm, so you have to slide them into the hot oil
- ☐ very slowly to they will keep their shape. Deep-fry for approximately 5 minutes or until golden brown and crispy.
- ☐ Remove from oil and drain on a paper towel lined baking tray.
- ☐ Serve alongside warm cranberry dipping sauce.

Nutrition Facts



Properties

Glycemic Index:44.13, Glycemic Load:5.62, Inflammation Score:-7, Nutrition Score:14.822608730067%

Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 3.06mg, Myricetin: 3.06mg, Myricetin: 3.06mg, Myricetin: 3.06mg Quercetin: 2.75mg, Quercetin: 2.75mg, Quercetin: 2.75mg, Quercetin: 2.75mg

Nutrients (% of daily need)

Calories: 486.03kcal (24.3%), Fat: 5.59g (8.59%), Saturated Fat: 1.02g (6.37%), Carbohydrates: 95.13g (31.71%), Net Carbohydrates: 88.73g (32.26%), Sugar: 42.91g (47.68%), Cholesterol: 20.62mg (6.87%), Sodium: 583.93mg (25.39%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.12g (30.24%), Folate: 144.64µg (36.16%), Vitamin C: 28.01mg (33.96%), Manganese: 0.59mg (29.36%), Fiber: 6.4g (25.61%), Selenium: 14.85µg (21.22%), Vitamin B1: 0.32mg (21.09%), Phosphorus: 207.81mg (20.78%), Vitamin B2: 0.34mg (19.82%), Iron: 2.72mg (15.12%), Copper: 0.27mg (13.55%), Magnesium: 51.8mg (12.95%), Vitamin B6: 0.25mg (12.56%), Potassium: 429.41mg (12.27%), Vitamin E: 1.7mg (11.36%), Zinc: 1.64mg (10.96%), Vitamin A: 523.72IU (10.47%), Vitamin K: 8.79µg (8.37%), Vitamin B3: 1.64mg (8.2%), Vitamin B12: 0.43µg (7.09%), Vitamin B5: 0.65mg (6.51%), Calcium: 35.1mg (3.51%)