



Deep Fried Black Eyed Peas

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



510 min.

SERVINGS



4

CALORIES



172 kcal

SIDE DISH

Ingredients

- 2 bay leaves
- 1 pound black-eyed peas dried rinsed
- 4 servings canola oil for frying
- 1 jalapeno diced seeded
- 0.5 teaspoon kosher salt
- 1 onion cut into large dice
- 2 teaspoons seafood seasoning old bay® (such as)

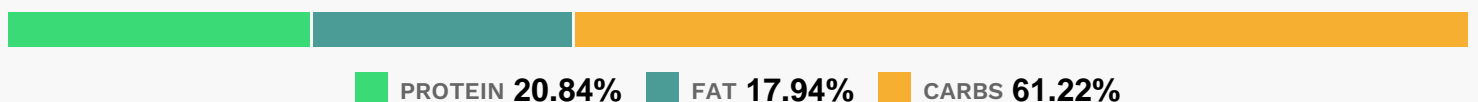
Equipment

- bowl
- baking sheet
- paper towels
- sauce pan
- kitchen towels
- colander

Directions

- Place the black-eyed peas into a large container and cover with several inches of cool water; let stand 8 hours to overnight.
- The next day, drain and rinse the peas.
- Pour in enough water to cover the peas by 3-inches, then stir in the onion, bay leaves, and jalapeno pepper. Bring to a boil, reduce heat to low, and simmer until the peas are tender but not mushy, 40 to 50 minutes.
- Add more water if needed to keep the peas covered while cooking.
- Drain the peas in a colander set in the sink, and spread them onto a baking sheet lined with paper towels or dish towels to drain. Discard bay leaves, and refrigerate the peas until ready to fry.
- Heat oil in a deep-fryer or large saucepan to 375 degrees F (190 degrees C).
- Carefully pour about 1 1/2 cups of peas into the hot oil per batch, and fry until crisp, 4 to 7 minutes.
- Remove the peas, drain on paper towels, and toss the hot peas in a bowl with seafood seasoning and kosher salt.
- Serve hot.

Nutrition Facts



Properties

Glycemic Index:25, Glycemic Load:7.24, Inflammation Score:-7, Nutrition Score:12.673478282016%

Flavonoids

Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.76mg, Quercetin: 5.76mg, Quercetin: 5.76mg, Quercetin: 5.76mg

Nutrients (% of daily need)

Calories: 171.54kcal (8.58%), Fat: 3.52g (5.42%), Saturated Fat: 0.41g (2.57%), Carbohydrates: 27.03g (9.01%), Net Carbohydrates: 18.97g (6.9%), Sugar: 5.08g (5.65%), Cholesterol: 0mg (0%), Sodium: 296.71mg (12.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.2g (18.4%), Folate: 243.51µg (60.88%), Manganese: 0.65mg (32.55%), Fiber: 8.06g (32.25%), Phosphorus: 187.55mg (18.76%), Iron: 3.29mg (18.28%), Magnesium: 65.68mg (16.42%), Vitamin B1: 0.25mg (16.38%), Copper: 0.33mg (16.26%), Vitamin K: 12.74µg (12.13%), Potassium: 371.24mg (10.61%), Zinc: 1.55mg (10.32%), Vitamin B6: 0.18mg (8.76%), Vitamin C: 6.78mg (8.22%), Vitamin E: 0.95mg (6.34%), Vitamin B5: 0.51mg (5.11%), Calcium: 44.52mg (4.45%), Vitamin B2: 0.07mg (4.37%), Selenium: 3.06µg (4.37%), Vitamin B3: 0.67mg (3.34%), Vitamin A: 84.7IU (1.69%)