

Down-Home Black-Eyed Peas



Gluten Free



Dairy Free

READY IN



180 min.

SERVINGS



12

CALORIES



438 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 bay leaf
- ☐ 3 cups black-eyed peas dry
- ☐ 0.1 teaspoon cayenne pepper
- ☐ 1 cup celery chopped
- ☐ 10 ounce okra frozen thawed sliced
- ☐ 1.3 cups onion chopped
- ☐ 1 teaspoon salt
- ☐ 3 pounds ham hocks smoked

☐ 12 cups water

Equipment

☐ pot

☐ dutch oven

Directions

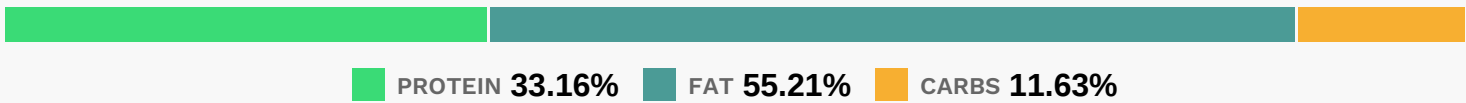
☐ Pick over the peas, rinse them, and place them in a large Dutch oven or soup pot with the water. Bring the beans to a boil for 2 minutes.

☐ Remove from heat, cover, and let stand for 1 hour.

☐ Stir in the ham hocks, onion, celery, salt, cayenne pepper, and bay leaf; bring to a boil, cover the pot, and simmer until the ham hocks are tender, about 1 1/2 hours. Stir in the okra and simmer until tender, 10 to 15 minutes.

☐ Remove and discard bay leaf before serving.

Nutrition Facts



Properties

Glycemic Index:13.67, Glycemic Load:3.22, Inflammation Score:-4, Nutrition Score:8.3078260836394%

Flavonoids

Apigenin: 0.24mg, Apigenin: 0.24mg, Apigenin: 0.24mg, Apigenin: 0.24mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 0.83mg, Isorhamnetin: 0.83mg, Isorhamnetin: 0.83mg, Isorhamnetin: 0.83mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Quercetin: 8.37mg, Quercetin: 8.37mg, Quercetin: 8.37mg, Quercetin: 8.37mg

Nutrients (% of daily need)

Calories: 437.56kcal (21.88%), Fat: 26.39g (40.6%), Saturated Fat: 9.72g (60.72%), Carbohydrates: 12.51g (4.17%), Net Carbohydrates: 8.53g (3.1%), Sugar: 2.59g (2.88%), Cholesterol: 123.6mg (41.2%), Sodium: 499.9mg (21.73%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 35.66g (71.32%), Folate: 109.85µg (27.46%), Manganese: 0.42mg (21.1%), Potassium: 653.07mg (18.66%), Iron: 3.12mg (17.34%), Fiber: 3.98g (15.91%), Magnesium: 41.26mg (10.32%), Vitamin K: 10.68µg (10.17%), Vitamin B1: 0.14mg (9.57%), Copper: 0.19mg (9.43%), Phosphorus: 88.41mg (8.84%), Vitamin C: 7.12mg (8.63%), Calcium: 66.89mg (6.69%), Vitamin B6: 0.12mg (6.03%), Zinc: 0.76mg (5.04%), Vitamin A: 222.91IU (4.46%), Vitamin B2: 0.05mg (2.79%), Vitamin B5: 0.28mg (2.76%), Vitamin B3: 0.5mg (2.49%),

Selenium: 1.36µg (1.94%), Vitamin E: 0.22mg (1.44%)