



Field Peas, Okra, and Corn Combo



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



348 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 rib celery sliced
- ☐ 0.5 cup chicken broth dry white
- ☐ 14.5 ounce chicken broth canned
- ☐ 8 servings rice hot cooked
- ☐ 16 ounce kernel corn whole frozen
- ☐ 2 teaspoons creole seasoning
- ☐ 1 garlic clove minced
- ☐ 0.5 large bell pepper diced green

- ☐ 1 teaspoon hot sauce
- ☐ 16 ounce okra frozen sliced
- ☐ 1 tablespoon olive oil
- ☐ 1 large onion halved sliced
- ☐ 16 ounce field peas frozen with snaps, unthawed
- ☐ 1 teaspoon pepper freshly ground
- ☐ 0.5 teaspoon salt
- ☐ 8 servings garnishes: tomato sliced chopped
- ☐ 1 tablespoon worcestershire sauce

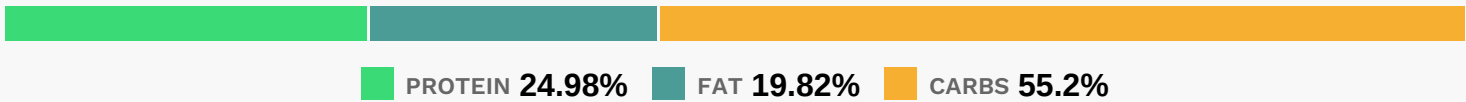
Equipment

- ☐ dutch oven

Directions

- ☐ Saut first 4 ingredients in hot oil in a Dutch oven over medium heat 8 minutes or until onion is lightly browned.
- ☐ Add Worcestershire sauce and next 4 ingredients, and cook, stirring constantly, 3 minutes.
- ☐ Stir in broth and wine, and bring to a boil. Stir in field peas, and return to a boil. Cover, reduce heat, and simmer 25 minutes.
- ☐ Stir in okra, corn, and, if needed, up to 1/2 cup water; bring to a boil. Cover, reduce heat, and simmer 10 minutes or until vegetables are tender.
- ☐ Serve over rice.
- ☐ Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:49.42, Glycemic Load:27.55, Inflammation Score:-9, Nutrition Score:20.873913136513%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.49mg, Luteolin: 0.49mg, Luteolin: 0.49mg, Luteolin: 0.49mg Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 16.58mg, Quercetin: 16.58mg, Quercetin: 16.58mg, Quercetin: 16.58mg

Nutrients (% of daily need)

Calories: 348.1kcal (17.4%), Fat: 7.42g (11.42%), Saturated Fat: 1.67g (10.46%), Carbohydrates: 46.54g (15.51%), Net Carbohydrates: 40.31g (14.66%), Sugar: 5.7g (6.33%), Cholesterol: 25.69mg (8.56%), Sodium: 537.13mg (23.35%), Alcohol: 1.54g (100%), Alcohol %: 0.55% (100%), Protein: 21.06g (42.11%), Manganese: 1.2mg (59.84%), Vitamin C: 48.6mg (58.91%), Vitamin K: 48.28µg (45.98%), Folate: 100.17µg (25.04%), Fiber: 6.22g (24.9%), Vitamin A: 1241.84IU (24.84%), Phosphorus: 247.89mg (24.79%), Selenium: 17.06µg (24.38%), Vitamin B6: 0.46mg (23.2%), Magnesium: 83.72mg (20.93%), Vitamin B1: 0.31mg (20.76%), Zinc: 2.97mg (19.83%), Vitamin B3: 3.93mg (19.64%), Potassium: 585.75mg (16.74%), Copper: 0.29mg (14.5%), Iron: 2.54mg (14.09%), Vitamin B2: 0.2mg (11.93%), Calcium: 92.95mg (9.3%), Vitamin B12: 0.51µg (8.56%), Vitamin E: 0.9mg (6.03%), Vitamin B5: 0.56mg (5.57%)