



Field Peas with Okra and Andouille Sausage



Gluten Free



Dairy Free

READY IN



40 min.

SERVINGS



10

CALORIES



152 kcal

SIDE DISH

Ingredients

- ☐ 0.5 pound andouille sausage cut into 1/4-inch-thick slices
- ☐ 12 basil leaves fresh
- ☐ 0.5 pound okra fresh whole
- ☐ 6 cups field peas fresh assorted
- ☐ 10 servings salt and pepper freshly ground to taste

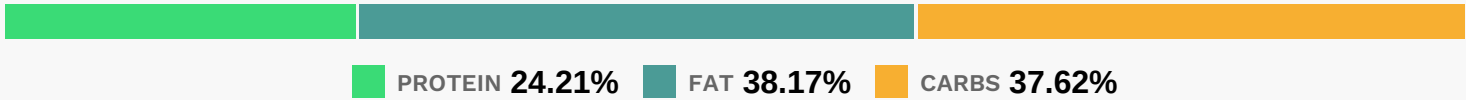
Equipment

- ☐ slotted spoon
- ☐ dutch oven

Directions

- ☐ Saut andouille in a Dutch oven over medium heat 5 minutes or until lightly browned.
- ☐ Add field peas and water to cover 1 inch above peas; bring to a boil. Cover, reduce heat to medium-low, and simmer 20 minutes.
- ☐ Add okra; cover and simmer 5 minutes or until okra and peas are tender. Stir in basil and salt and pepper to taste.
- ☐ Transfer to a serving dish; serve with a slotted spoon.
- ☐ Brought to the table by cookbook author Whitney Miller (Modern Hospitality).

Nutrition Facts



Properties

Glycemic Index:14.63, Glycemic Load:3.67, Inflammation Score:-7, Nutrition Score:13.741739159045%

Flavonoids

Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Quercetin: 4.76mg, Quercetin: 4.76mg, Quercetin: 4.76mg, Quercetin: 4.76mg

Nutrients (% of daily need)

Calories: 151.77kcal (7.59%), Fat: 6.56g (10.1%), Saturated Fat: 2.07g (12.94%), Carbohydrates: 14.55g (4.85%), Net Carbohydrates: 8.86g (3.22%), Sugar: 5.52g (6.13%), Cholesterol: 19.5mg (6.5%), Sodium: 384.36mg (16.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.36g (18.73%), Vitamin C: 40.1mg (48.61%), Vitamin K: 30.67µg (29.21%), Manganese: 0.54mg (27.13%), Fiber: 5.69g (22.77%), Vitamin B1: 0.34mg (22.33%), Folate: 70.71µg (17.68%), Vitamin A: 862.55IU (17.25%), Vitamin B3: 3.44mg (17.19%), Phosphorus: 141.86mg (14.19%), Vitamin B6: 0.24mg (12.04%), Zinc: 1.77mg (11.8%), Magnesium: 45.58mg (11.39%), Potassium: 359.11mg (10.26%), Vitamin B2: 0.17mg (9.93%), Copper: 0.2mg (9.8%), Iron: 1.71mg (9.49%), Selenium: 6.42µg (9.17%), Calcium: 43.36mg (4.34%), Vitamin B12: 0.22µg (3.7%), Vitamin B5: 0.31mg (3.11%), Vitamin E: 0.38mg (2.55%), Vitamin D: 0.32µg (2.12%)