



Ham-Flavored Boiled Peanuts



Gluten Free



Dairy Free



Low Fod Map

READY IN



550 min.

SERVINGS



10

CALORIES



629 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 pounds peanuts dried raw
- ☐ 0.5 cup salt
- ☐ 2 ham hocks smoked
- ☐ 6 quarts water

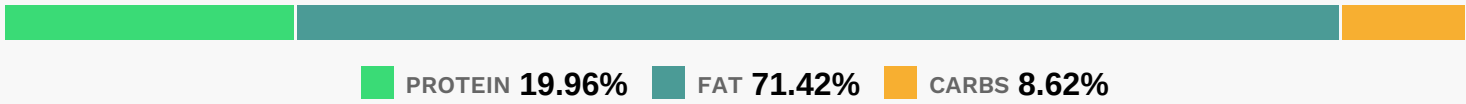
Equipment

- ☐ pot

Directions

- ☐ Soak peanuts in water to cover in a large stock pot at least 8 hours or up to 24 hours. (You may need to weigh down peanuts with a large plate or lid to ensure that they are fully submerged.)
- ☐ Drain and rinse.
- ☐ Bring 6 qt. water and ham hocks to a boil in a large stock pot. Reduce heat, and simmer 3 hours.
- ☐ Remove and discard ham hocks. Cool broth; chill 8 hours. Skim fat from broth.
- ☐ Add peanuts and salt to broth. Bring to a boil over high heat. Cover, reduce heat, and cook 6 hours or until tender, adding water as needed to keep peanuts covered; stir occasionally.
- ☐ Remove from heat; let stand 1 hour.

Nutrition Facts



Properties

Glycemic Index:1.42, Glycemic Load:0.82, Inflammation Score:-7, Nutrition Score:23.772609005804%

Nutrients (% of daily need)

Calories: 628.62kcal (31.43%), Fat: 52.82g (81.26%), Saturated Fat: 9.82g (61.39%), Carbohydrates: 14.35g (4.78%), Net Carbohydrates: 5.73g (2.08%), Sugar: 0g (0%), Cholesterol: 37.06mg (12.35%), Sodium: 5792.02mg (251.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 33.21g (66.42%), Manganese: 2.41mg (120.48%), Vitamin B3: 14.45mg (72.23%), Folate: 217.72µg (54.43%), Copper: 0.91mg (45.58%), Magnesium: 176.37mg (44.09%), Vitamin B1: 0.61mg (40.82%), Phosphorus: 351.99mg (35.2%), Fiber: 8.62g (34.47%), Iron: 4.15mg (23.03%), Potassium: 800.89mg (22.88%), Vitamin B5: 1.6mg (16.05%), Vitamin B6: 0.32mg (15.79%), Zinc: 1.99mg (13.3%), Calcium: 123.5mg (12.35%), Selenium: 6.55µg (9.35%), Vitamin B2: 0.12mg (7.2%)