



Hawg Wild Black-Eyed Peas

 Gluten Free  Dairy Free

READY IN



740 min.

SERVINGS



16

CALORIES



457 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1.5 pounds andouille sausage smoked sliced
- 8 strips bacon
- 3 bay leaves
- 2 pounds black-eyed peas dried
- 20 ounce tomatoes diced with green chile peppers (such as ro*tel®), drained canned
- 2 cups celery chopped
- 1 tablespoon basil dried
- 1 tablespoon parsley dried

- 3 cloves garlic minced
- 2 cups bell pepper green chopped
- 16 servings salt and ground pepper black to taste
- 1 pound tasso ham cut into 1/2-inch pieces
- 2 cups onion chopped
- 1.5 pounds pork jowl smoked cut into 4 pieces
- 1.5 tablespoons sugar white
- 1 tablespoon worcestershire sauce

Equipment

- bowl
- frying pan
- paper towels
- pot

Directions

- Place black-eyed peas into a large bowl and cover with several inches of cool water; soak 8 hours to overnight.
- Drain and rinse.
- Place black-eyed peas into a large pot and fill with water 1/2-inch above the peas; bring to a simmer.
- Add pork jowl, tasso ham, 1 chopped onion, 1 stalk celery, 2 cloves minced garlic, bay leaves, parsley, basil, and Worcestershire sauce; cook at a simmer until peas are tender, 2 to 3 hours.
- Remove and discard pork jowl, celery stalk, and bay leaves from the pea mixture.
- Cook bacon in a large skillet over medium-high heat, turning occasionally, until evenly browned, about 10 minutes.
- Drain bacon slices on paper towels, leaving 2 to 3 tablespoons bacon drippings in the skillet. Crumble bacon when cooled.
- Cook and stir 2 cups onion, 2 cups celery, green bell pepper, and 3 cloves garlic in the hot bacon drippings over medium heat until onion is tender, about 10 minutes.

- Mix onion mixture, tomatoes with green chiles, bacon, and andouille sausage into pea mixture. Season with sugar, salt, and pepper. Simmer pea mixture until flavors have blended, 1 1/2 hours.

Nutrition Facts

PROTEIN 24.3% FAT 59.26% CARBS 16.44%

Properties

Glycemic Index:15.13, Glycemic Load:4.69, Inflammation Score:-6, Nutrition Score:20.272608860679%

Flavonoids

Apigenin: 5.99mg, Apigenin: 5.99mg, Apigenin: 5.99mg, Apigenin: 5.99mg Luteolin: 1.05mg, Luteolin: 1.05mg, Luteolin: 1.05mg, Luteolin: 1.05mg Isorhamnetin: 1.42mg, Isorhamnetin: 1.42mg, Isorhamnetin: 1.42mg, Isorhamnetin: 1.42mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 4.71mg, Quercetin: 4.71mg, Quercetin: 4.71mg, Quercetin: 4.71mg

Nutrients (% of daily need)

Calories: 457.33kcal (22.87%), Fat: 30.15g (46.38%), Saturated Fat: 10.38g (64.86%), Carbohydrates: 18.81g (6.27%), Net Carbohydrates: 13.74g (5%), Sugar: 5.89g (6.55%), Cholesterol: 92.03mg (30.68%), Sodium: 858.39mg (37.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.81g (55.63%), Vitamin B1: 0.78mg (51.75%), Selenium: 29.64µg (42.34%), Vitamin B3: 6.88mg (34.39%), Folate: 135.53µg (33.88%), Phosphorus: 324.93mg (32.49%), Vitamin B6: 0.57mg (28.3%), Vitamin C: 21.15mg (25.63%), Zinc: 3.66mg (24.37%), Manganese: 0.43mg (21.51%), Potassium: 711.34mg (20.32%), Fiber: 5.07g (20.27%), Vitamin B2: 0.32mg (19.02%), Iron: 3.41mg (18.94%), Magnesium: 63.54mg (15.88%), Vitamin B12: 0.95µg (15.85%), Copper: 0.29mg (14.5%), Vitamin K: 13.32µg (12.68%), Vitamin B5: 1.14mg (11.4%), Vitamin E: 1.08mg (7.19%), Calcium: 58.21mg (5.82%), Vitamin D: 0.84µg (5.59%), Vitamin A: 207.33IU (4.15%)