



 **40%**
HEALTH SCORE

Hearty Black-Eyed Peas

 **Gluten Free**  **Dairy Free**

READY IN



35 min.

SERVINGS



4

CALORIES



477 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tablespoon vegetable oil
- 1 small onion finely chopped
- 1 serving coarse mustard
- 0.5 teaspoon oregano dried
- 30 ounces blackeyed peas drained and rinsed canned
- 14.5 ounces chicken broth reduced-sodium canned
- 0.3 cup parsley fresh chopped
- 0.3 teaspoon hot sauce such as tabasco

Equipment

sauce pan

Directions

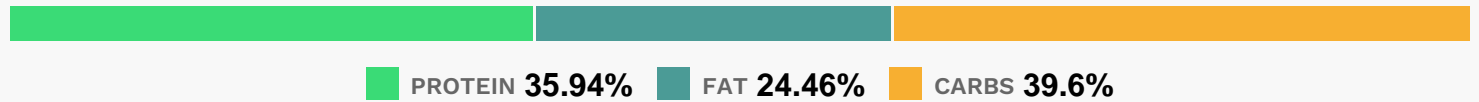
In a large saucepan, heat oil over medium.

Add onion; season with salt and pepper, and cook until softened, 3 to 5 minutes.

Add oregano, black-eyed peas, and broth. Bring to a boil, reduce to a simmer, and cook until liquid is thick and peas are tender, 15 to 20 minutes. Stir in parsley and hot sauce; season with salt and pepper.

Serve.

Nutrition Facts



Properties

Glycemic Index:34.25, Glycemic Load:12.84, Inflammation Score:-9, Nutrition Score:29.46%

Flavonoids

Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg Quercetin: 3.56mg, Quercetin: 3.56mg, Quercetin: 3.56mg, Quercetin: 3.56mg

Nutrients (% of daily need)

Calories: 476.62kcal (23.83%), Fat: 12.95g (19.93%), Saturated Fat: 3.14g (19.65%), Carbohydrates: 47.18g (15.73%), Net Carbohydrates: 32.78g (11.92%), Sugar: 7.82g (8.69%), Cholesterol: 51.38mg (17.13%), Sodium: 527.06mg (22.92%), Protein: 42.82g (85.63%), Folate: 454.03µg (113.51%), Vitamin K: 75.38µg (71.79%), Fiber: 14.4g (57.61%), Manganese: 1.06mg (52.82%), Phosphorus: 497.92mg (49.79%), Iron: 7.06mg (39.2%), Zinc: 5.4mg (35.98%), Selenium: 24.75µg (35.36%), Magnesium: 137.13mg (34.28%), Copper: 0.64mg (31.81%), Vitamin B1: 0.44mg (29.58%), Potassium: 800.03mg (22.86%), Vitamin B6: 0.44mg (21.81%), Vitamin B3: 3.61mg (18.04%), Vitamin B12: 1.03µg (17.13%), Vitamin B2: 0.23mg (13.56%), Vitamin A: 535.59IU (10.71%), Vitamin B5: 0.92mg (9.17%), Vitamin C: 7.33mg (8.89%), Vitamin E: 1.28mg (8.56%), Calcium: 79.42mg (7.94%)