



Hearty Black-Eyed Peas

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



141 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 16 ounce black-eyed peas dried
- ☐ 1 pound ham steak cut into 1/2-inch cubes, or 1 ham hock
- ☐ 1 medium onion chopped
- ☐ 0.5 teaspoon pepper
- ☐ 0.8 teaspoon salt
- ☐ 4 cups water

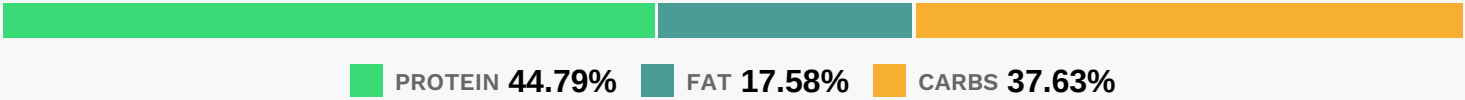
Equipment

- ☐ dutch oven

Directions

☐ Bring first 6 ingredients and, if desired, jalapeos to a boil in a Dutch oven; cover, reduce heat, and simmer 1 hour or until peas are tender.

Nutrition Facts



Properties

Glycemic Index:12.5, Glycemic Load:3.61, Inflammation Score:-5, Nutrition Score:12.045652148516%

Flavonoids

Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 2.79mg, Quercetin: 2.79mg, Quercetin: 2.79mg, Quercetin: 2.79mg

Nutrients (% of daily need)

Calories: 140.76kcal (7.04%), Fat: 2.73g (4.2%), Saturated Fat: 0.9g (5.64%), Carbohydrates: 13.13g (4.38%), Net Carbohydrates: 9.18g (3.34%), Sugar: 2.45g (2.73%), Cholesterol: 25.51mg (8.5%), Sodium: 946.28mg (41.14%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.64g (31.27%), Vitamin B1: 0.57mg (38.31%), Folate: 122.84µg (30.71%), Phosphorus: 240.05mg (24.01%), Vitamin C: 19.56mg (23.71%), Manganese: 0.32mg (16.23%), Vitamin B3: 3.18mg (15.89%), Fiber: 3.95g (15.8%), Selenium: 10.28µg (14.69%), Vitamin B6: 0.28mg (14.17%), Zinc: 1.91mg (12.76%), Iron: 2.03mg (11.29%), Copper: 0.22mg (11.17%), Magnesium: 43.6mg (10.9%), Potassium: 363.68mg (10.39%), Vitamin B2: 0.15mg (8.74%), Vitamin B12: 0.45µg (7.47%), Vitamin B5: 0.6mg (6.03%), Calcium: 23.28mg (2.33%), Vitamin K: 1.22µg (1.17%), Vitamin E: 0.16mg (1.09%)