



Hot-and-Spicy Black-Eyed Peas

 Gluten Free  Dairy Free

READY IN



530 min.

SERVINGS



20

CALORIES



83 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 16 ounce black-eyed peas dried
- ☐ 14.5 ounce canned tomatoes canned
- ☐ 1 chicken bouillon cube
- ☐ 4 green onions chopped
- ☐ 0.3 teaspoon ground pepper red
- ☐ 1 jalapeno diced
- ☐ 3 ounce pepperoni diced
- ☐ 1 bell pepper red chopped

- ☐ 0.8 cup rice uncooked quick
- ☐ 0.5 teaspoon salt
- ☐ 2 cups water hot

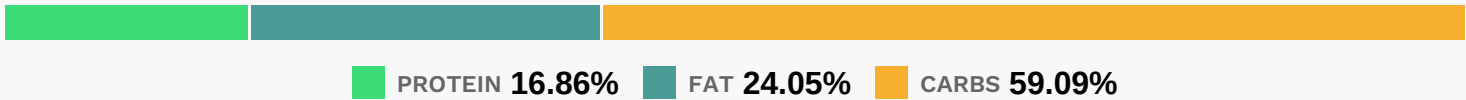
Equipment

- ☐ slow cooker

Directions

- ☐ Place peas in a 5-quart slow cooker. Cover with water 2 inches above peas; let stand 8 hours.
- ☐ Drain.
- ☐ Combine peas and next 8 ingredients in slow cooker. Cover and cook at LOW 8 hours. Stir in tomatoes and rice; cook, covered, 30 minutes.

Nutrition Facts



Properties

Glycemic Index:14.81, Glycemic Load:5.22, Inflammation Score:-4, Nutrition Score:5.3639130359111%

Flavonoids

Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg

Nutrients (% of daily need)

Calories: 82.77kcal (4.14%), Fat: 2.25g (3.46%), Saturated Fat: 0.82g (5.11%), Carbohydrates: 12.43g (4.14%), Net Carbohydrates: 10.27g (3.73%), Sugar: 2.03g (2.26%), Cholesterol: 4.15mg (1.38%), Sodium: 203.29mg (8.84%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.55g (7.09%), Folate: 55.17µg (13.79%), Vitamin C: 10.9mg (13.21%), Manganese: 0.26mg (12.91%), Fiber: 2.17g (8.67%), Vitamin K: 7.14µg (6.8%), Copper: 0.12mg (6.24%), Phosphorus: 59.68mg (5.97%), Iron: 1.02mg (5.64%), Vitamin A: 275.77IU (5.52%), Vitamin B1: 0.08mg (5.51%), Vitamin B6: 0.1mg (5.14%), Magnesium: 20.32mg (5.08%), Potassium: 164.95mg (4.71%), Selenium: 3.05µg (4.36%), Vitamin B3: 0.77mg (3.87%), Zinc: 0.56mg (3.71%), Vitamin E: 0.51mg (3.42%), Vitamin B5: 0.3mg (2.95%), Vitamin B2: 0.05mg (2.71%), Calcium: 18.57mg (1.86%)