



WHATSHATE



Lady Peas with Salt Pork and Rice



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



381 kcal

SIDE DISH

Ingredients

- ☐ 3 cups black-eye peas fresh frozen shelled thaw (4 lb in shells) (1 lb; do not)
- ☐ 2 garlic cloves finely chopped
- ☐ 1 medium onion finely chopped
- ☐ 4 servings accompaniment: rice
- ☐ 0.3 lb salt pork dry rinsed
- ☐ 0.3 cup scallion greens thinly sliced
- ☐ 3 cups water

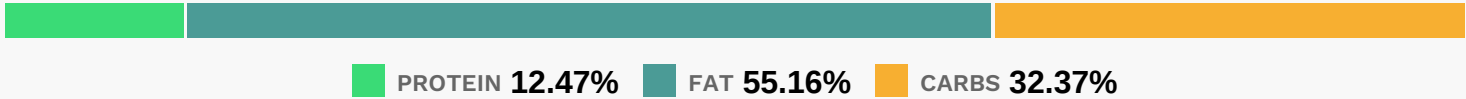
Equipment

- ☐ paper towels
- ☐ sauce pan
- ☐ slotted spoon

Directions

- ☐ Cut off and discard any skin from salt pork, then cut salt pork into 1/3-inch pieces. Cook in a 3-quart heavy saucepan over moderate heat, stirring occasionally, until most of fat is rendered and pork is golden and crisp, 6 to 8 minutes.
- ☐ Transfer pork with a slotted spoon to paper towels to drain.
- ☐ Pour off all but about 1 tablespoon fat from saucepan, then cook onion in fat over moderate heat, stirring, until softened, about 4 minutes.
- ☐ Add garlic and cook, stirring, 1 minute.
- ☐ Stir in peas and water and simmer, uncovered, until tender, 30 to 35 minutes. Stir in scallions and salt and pepper to taste.
- ☐ Serve peas over rice and sprinkle with salt pork.

Nutrition Facts



Properties

Glycemic Index:47.8, Glycemic Load:8.82, Inflammation Score:-7, Nutrition Score:14.756086924802%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 6.28mg, Quercetin: 6.28mg, Quercetin: 6.28mg, Quercetin: 6.28mg

Nutrients (% of daily need)

Calories: 380.58kcal (19.03%), Fat: 23.56g (36.24%), Saturated Fat: 8.52g (53.27%), Carbohydrates: 31.1g (10.37%), Net Carbohydrates: 22.04g (8.02%), Sugar: 5.58g (6.21%), Cholesterol: 24.38mg (8.13%), Sodium: 777.34mg (33.8%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.99g (23.97%), Folate: 277.95µg (69.49%), Fiber: 9.06g (36.24%), Manganese: 0.7mg (34.78%), Phosphorus: 229.71mg (22.97%), Vitamin B1: 0.34mg (22.75%), Copper: 0.41mg (20.54%), Iron: 3.55mg (19.7%), Magnesium: 76.75mg (19.19%), Vitamin K: 15.27µg (14.54%), Zinc:

2.04mg (13.58%), Potassium: 441.9mg (12.63%), Vitamin B6: 0.21mg (10.44%), Selenium: 5.41µg (7.73%), Vitamin B5: 0.65mg (6.46%), Vitamin B2: 0.1mg (6.05%), Vitamin B3: 1.19mg (5.95%), Calcium: 51.8mg (5.18%), Vitamin C: 4.19mg (5.08%), Vitamin E: 0.4mg (2.69%), Vitamin A: 82.35IU (1.65%), Vitamin B12: 0.08µg (1.37%)