



Mexican Black-Eyes



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



76 kcal

SIDE DISH

Ingredients

- ☐ 10 ounce black-eyed peas frozen thawed
- ☐ 4 ounce chiles green undrained chopped canned
- ☐ 14.5 ounce canned tomatoes undrained chopped canned
- ☐ 1 cup rice long-grain cooked (without salt or fat)
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 1 teaspoon garlic minced
- ☐ 0.3 cup green onions chopped
- ☐ 0.3 cup bell pepper green chopped

- ☐ 0.1 teaspoon hot sauce
- ☐ 0.5 cup onion chopped
- ☐ 0.3 teaspoon oregano dried whole
- ☐ 0.3 teaspoon pepper
- ☐ 0.1 teaspoon salt
- ☐ 0.3 teaspoon thyme leaves dried whole
- ☐ 2 teaspoons worcestershire sauce low-sodium

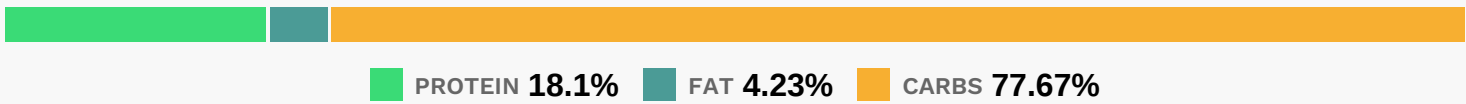
Equipment

- ☐ frying pan
- ☐ oven

Directions

- ☐ Cook black-eyed peas according to package directions, omitting salt and fat.
- ☐ Drain and set aside.
- ☐ Coat a large nonstick skillet with cooking spray; place over medium-high heat until hot.
- ☐ Add chopped onion, green onions, green pepper, and garlic; saute until tender.
- ☐ Add peas, rice, and next 8 ingredients to onion mixture; stir well. Spoon mixture into a 1 1/2-quart casserole coated with cooking spray.
- ☐ Bake, uncovered, at 350 for 30 minutes.
- ☐ Sprinkle with parsley. To serve, spoon mixture into individual serving dishes. If desired, place tortilla chips around edge of each dish, and sprinkle with crushed chips.

Nutrition Facts



Properties

Glycemic Index:35.6, Glycemic Load:7.54, Inflammation Score:-5, Nutrition Score:7.3226087197014%

Flavonoids

Apigenin: 1.72mg, Apigenin: 1.72mg, Apigenin: 1.72mg, Apigenin: 1.72mg Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 1.98mg, Quercetin: 1.98mg, Quercetin: 1.98mg, Quercetin: 1.98mg

Nutrients (% of daily need)

Calories: 75.7kcal (3.78%), Fat: 0.37g (0.57%), Saturated Fat: 0.08g (0.5%), Carbohydrates: 15.42g (5.14%), Net Carbohydrates: 12.2g (4.44%), Sugar: 3.37g (3.75%), Cholesterol: 0mg (0%), Sodium: 147.93mg (6.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.59g (7.19%), Vitamin K: 22.1µg (21.05%), Folate: 75.92µg (18.98%), Manganese: 0.32mg (16.03%), Vitamin C: 13.19mg (15.99%), Fiber: 3.22g (12.88%), Iron: 1.67mg (9.27%), Copper: 0.18mg (8.77%), Potassium: 259.51mg (7.41%), Vitamin B6: 0.14mg (7.16%), Phosphorus: 71.26mg (7.13%), Magnesium: 28.18mg (7.04%), Vitamin B1: 0.1mg (6.8%), Vitamin A: 216.31IU (4.33%), Vitamin E: 0.65mg (4.32%), Vitamin B3: 0.84mg (4.21%), Zinc: 0.61mg (4.07%), Calcium: 34.9mg (3.49%), Selenium: 2.28µg (3.26%), Vitamin B5: 0.32mg (3.24%), Vitamin B2: 0.05mg (2.99%)