



Michelle's Black-eyed Peas



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



281 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 16 ounce black-eyed peas dried
- ☐ 2 medium carrots diced
- ☐ 1 rib celery chopped
- ☐ 1 small jalapeno diced seeded
- ☐ 3 cups chicken broth low-sodium
- ☐ 1 large onion chopped
- ☐ 1 teaspoon pepper
- ☐ 1 teaspoon salt

- ☐ 16 ounce ham hocks smoked
- ☐ 2 cups water

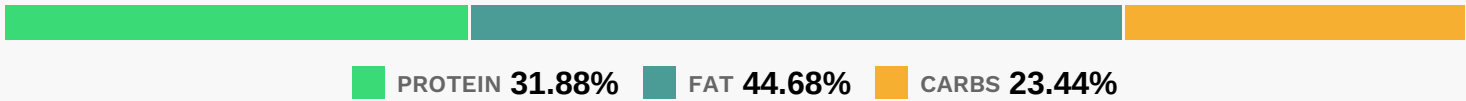
Equipment

- ☐ dutch oven

Directions

- ☐ Place peas in a Dutch oven; add water to cover 2 inches above peas. Bring to a boil; boil 1 minute. Cover, remove from heat, and let stand 1 hour.
- ☐ Drain peas, and set aside.
- ☐ Bring broth, 2 cups water, and ham hocks to a boil in the Dutch oven over medium-high heat. Cover, reduce heat, and cook 1 hour.
- ☐ Add peas, onion, and remaining ingredients; cook, covered, 45 minutes to 1 hour or until peas are tender, stirring occasionally.

Nutrition Facts



Properties

Glycemic Index:26.35, Glycemic Load:4.26, Inflammation Score:-9, Nutrition Score:10.505652158157%

Flavonoids

Apigenin: 0.14mg, Apigenin: 0.14mg, Apigenin: 0.14mg, Apigenin: 0.14mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.95mg, Quercetin: 3.95mg, Quercetin: 3.95mg, Quercetin: 3.95mg

Nutrients (% of daily need)

Calories: 281.49kcal (14.07%), Fat: 13.95g (21.46%), Saturated Fat: 5.08g (31.73%), Carbohydrates: 16.47g (5.49%), Net Carbohydrates: 11.84g (4.31%), Sugar: 3.64g (4.05%), Cholesterol: 61.8mg (20.6%), Sodium: 479.58mg (20.85%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.4g (44.79%), Vitamin A: 2599.23IU (51.98%), Folate: 126.71µg (31.68%), Fiber: 4.62g (18.49%), Manganese: 0.35mg (17.74%), Potassium: 538.72mg (15.39%), Iron: 2.65mg (14.74%), Phosphorus: 127.83mg (12.78%), Copper: 0.23mg (11.34%), Magnesium: 36.48mg (9.12%), Vitamin B1: 0.14mg (9.02%), Vitamin B3: 1.71mg (8.53%), Zinc: 0.91mg (6.05%), Vitamin B6: 0.12mg (6.04%), Vitamin C:

4.74mg (5.75%), Vitamin K: 5.25µg (5%), Vitamin B2: 0.08mg (4.48%), Calcium: 43.1mg (4.31%), Vitamin B5: 0.32mg (3.19%), Vitamin E: 0.34mg (2.28%), Selenium: 1.57µg (2.24%), Vitamin B12: 0.09µg (1.48%)