



WHATSheATE



Mom's Lucky Black-eyed Peas



Gluten Free



Dairy Free

READY IN



480 min.

SERVINGS



6

CALORIES



177 kcal

SIDE DISH

Ingredients

- ☐ 1 teaspoon add carrot and onion to bacon fat . cook
- ☐ 16 oz black-eyed peas dried
- ☐ 6 servings garnishes: green onions crumbled cooked chopped
- ☐ 0.5 teaspoon ground pepper
- ☐ 1 large onion chopped
- ☐ 2 ounces salt pork

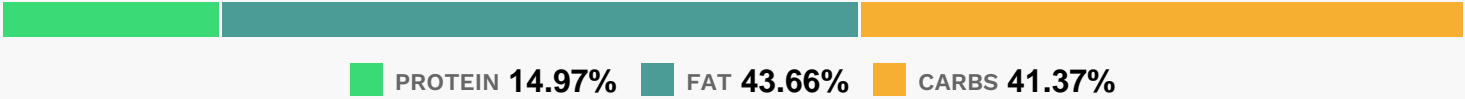
Equipment

- ☐ dutch oven

Directions

- ☐ Rinse and sort peas according to package directions.
- ☐ Place peas in a large Dutch oven; cover with cold water 2 inches above peas, and let soak 6 to 8 hours (or see Quick-Soak method below).
- ☐ Drain peas, and rinse thoroughly.
- ☐ Bring salt pork and 1 qt. water to a boil in Dutch oven over medium-high heat; reduce heat to medium-low, and simmer 30 minutes.
- ☐ Add peas, onion, next 2 ingredients, water to cover, and, if desired, jalapeo pepper. Bring to a boil over medium-high heat. Cover, reduce heat, and cook, stirring occasionally, 1 hour to 1 hour and 30 minutes or until peas are tender and liquid thickens slightly. (Uncover after 1 hour to allow liquid to evaporate, if necessary.) Season with salt and pepper to taste.
- ☐ Place peas in a Dutch oven; cover with cold water 2 inches above peas. Bring to a boil; boil 1 minute. Cover, remove from heat, and let stand 1 hour.
- ☐ Drain peas, and rinse thoroughly. Proceed as directed in Step

Nutrition Facts



Properties

Glycemic Index:22, Glycemic Load:5.05, Inflammation Score:-5, Nutrition Score:8.8600000382765%

Flavonoids

Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.72mg, Quercetin: 5.72mg, Quercetin: 5.72mg, Quercetin: 5.72mg

Nutrients (% of daily need)

Calories: 176.7kcal (8.83%), Fat: 8.71g (13.4%), Saturated Fat: 3.16g (19.72%), Carbohydrates: 18.58g (6.19%), Net Carbohydrates: 13.04g (4.74%), Sugar: 3.7g (4.11%), Cholesterol: 8.76mg (2.92%), Sodium: 259.65mg (11.29%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.72g (13.45%), Folate: 165.96µg (41.49%), Fiber: 5.54g (22.15%), Manganese: 0.42mg (21.13%), Vitamin K: 14.08µg (13.41%), Phosphorus: 132.58mg (13.26%), Vitamin B1: 0.19mg (12.53%), Iron: 2.1mg (11.65%), Copper: 0.22mg (11.21%), Magnesium: 44.71mg (11.18%), Potassium: 271.68mg (7.76%), Zinc: 1.13mg (7.53%), Vitamin B6: 0.12mg (5.87%), Vitamin C: 3.28mg (3.98%), Selenium: 2.61µg (3.72%), Vitamin B5: 0.37mg (3.68%), Vitamin B2: 0.06mg (3.48%), Calcium: 29.52mg (2.95%), Vitamin B3: 0.59mg (2.95%), Vitamin E:

0.26mg (1.7%), Vitamin A: 72.57IU (1.45%)