



Pink-Eyed Peas with Smoked Paprika



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



178 kcal

SIDE DISH

Ingredients

- ☐ 1 pound pink-eyed peas fresh
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 1 tablespoon butter
- ☐ 2 garlic cloves minced
- ☐ 1 jalapeno minced seeded
- ☐ 0.5 cup onion finely chopped
- ☐ 0.3 teaspoon paprika smoked spanish
- ☐ 3 cups vegetable broth organic (such as Swanson Certified)

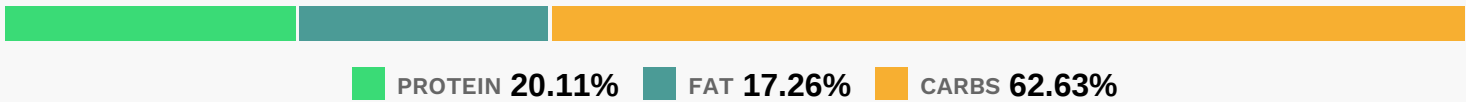
Equipment

- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ Sort and wash peas.
- ☐ Heat butter in a large saucepan over medium-high heat.
- ☐ Add onion, garlic, and jalapeo to pan; saut 3 minutes or until onion is tender.
- ☐ Add peas, broth, pepper, and paprika; bring to a boil. Reduce heat, and simmer 50 minutes or until peas are tender, stirring occasionally.

Nutrition Facts



Properties

Glycemic Index:68, Glycemic Load:8.27, Inflammation Score:-7, Nutrition Score:12.356087066881%

Flavonoids

Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 4.26mg, Quercetin: 4.26mg, Quercetin: 4.26mg, Quercetin: 4.26mg

Nutrients (% of daily need)

Calories: 177.68kcal (8.88%), Fat: 3.5g (5.39%), Saturated Fat: 1.97g (12.34%), Carbohydrates: 28.62g (9.54%), Net Carbohydrates: 20.67g (7.52%), Sugar: 6.26g (6.96%), Cholesterol: 7.53mg (2.51%), Sodium: 733.34mg (31.88%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.19g (18.37%), Folate: 240.87µg (60.22%), Fiber: 7.95g (31.79%), Manganese: 0.63mg (31.34%), Phosphorus: 187.53mg (18.75%), Iron: 2.97mg (16.52%), Vitamin B1: 0.24mg (16.23%), Copper: 0.32mg (16.1%), Magnesium: 63.72mg (15.93%), Vitamin A: 581.09IU (11.62%), Potassium: 366.15mg (10.46%), Zinc: 1.53mg (10.2%), Vitamin B6: 0.17mg (8.71%), Vitamin C: 6.55mg (7.94%), Vitamin B5: 0.52mg (5.21%), Selenium: 3.22µg (4.6%), Vitamin B2: 0.08mg (4.41%), Vitamin E: 0.57mg (3.79%), Calcium: 37.18mg (3.72%), Vitamin B3: 0.66mg (3.28%), Vitamin K: 3.44µg (3.27%)