



WHATSheATE



Sausage and Black-Eyed Pea Hash



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



442 kcal

SIDE DISH

Ingredients

- ☐ 15 ounce pea-mond dressing rinsed drained canned
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1 tablespoon canola oil
- ☐ 1 cup celery sliced (2 stalks)
- ☐ 2 teaspoons apple cider vinegar
- ☐ 2 teaspoons dijon mustard
- ☐ 4 large eggs
- ☐ 2 teaspoons thyme sprigs fresh chopped

- ☐ 1 medium bell pepper red cubed
- ☐ 1 cup tomatoes fresh chopped
- ☐ 8 ounces andouille sausage diced (such as Wellshire Farms)
- ☐ 0.3 cup water
- ☐ 2 teaspoons worcestershire sauce
- ☐ 1 medium to 3 sized squashes yellow cubed

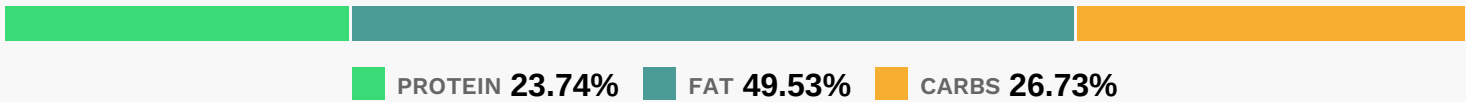
Equipment

- ☐ frying pan
- ☐ paper towels

Directions

- ☐ Heat a large nonstick skillet over medium-high heat.
- ☐ Add sausage; saut 4 minutes or until lightly browned, stirring occasionally.
- ☐ Add celery and next 3 ingredients (through squash); saut 3 minutes, stirring frequently.
- ☐ Add 1/4 cup water and next 5 ingredients (through peas). Simmer 2 minutes or until peas are thoroughly heated.
- ☐ Remove pea mixture from pan; keep warm. Wipe pan with a paper towel.
- ☐ Return pan to medium heat.
- ☐ Add oil to pan; swirl to coat. Crack eggs into pan; cook 4 minutes or until whites are set.
- ☐ Remove from heat.
- ☐ Place about 1 cup pea mixture onto each of 4 plates; top each serving with one egg.
- ☐ Sprinkle eggs evenly with black pepper.

Nutrition Facts



Properties

Glycemic Index:81, Glycemic Load:7.51, Inflammation Score:-10, Nutrition Score:28.831304384314%

Flavonoids

Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Apigenin: 0.74mg, Apigenin: 0.74mg, Apigenin: 0.74mg, Apigenin: 0.74mg Luteolin: 0.9mg, Luteolin: 0.9mg, Luteolin: 0.9mg, Luteolin: 0.9mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg

Nutrients (% of daily need)

Calories: 441.53kcal (22.08%), Fat: 24.64g (37.91%), Saturated Fat: 7.05g (44.05%), Carbohydrates: 29.93g (9.98%), Net Carbohydrates: 20.72g (7.54%), Sugar: 8.3g (9.23%), Cholesterol: 234.76mg (78.25%), Sodium: 628.49mg (27.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.57g (53.14%), Folate: 288.65µg (72.16%), Vitamin C: 54.72mg (66.33%), Selenium: 30.85µg (44.07%), Phosphorus: 396.64mg (39.66%), Manganese: 0.76mg (37.96%), Fiber: 9.2g (36.82%), Vitamin A: 1814.67IU (36.29%), Vitamin B2: 0.51mg (30.21%), Vitamin B1: 0.45mg (29.73%), Iron: 5.06mg (28.14%), Vitamin B6: 0.55mg (27.47%), Potassium: 940.87mg (26.88%), Zinc: 3.76mg (25.08%), Vitamin B3: 4.92mg (24.6%), Magnesium: 93.87mg (23.47%), Copper: 0.44mg (21.98%), Vitamin B5: 1.89mg (18.93%), Vitamin E: 2.76mg (18.37%), Vitamin K: 17.99µg (17.14%), Vitamin B12: 1µg (16.68%), Vitamin D: 1.79µg (11.96%), Calcium: 91.88mg (9.19%)