



Savory Black-Eyed Peas with Bacon

 Gluten Free

READY IN



70 min.

SERVINGS



4

CALORIES



254 kcal

SIDE DISH

Ingredients

- 4 slices bacon cut into 1-inch pieces
- 2.5 cups chicken broth (from 32-ounce carton)
- 1 cup pea-mond dressing dried rinsed
- 1 cup celery stalks sliced
- 1 cup onion chopped
- 1.5 tablespoons savoury dried fresh chopped
- 1 garlic clove finely chopped
- 1.5 cups carrots thinly sliced

- 1 large bell pepper green cut into 1-inch pieces
- 0.5 cup monterrey jack cheese shredded with jalapeño peppers (2 ounces)

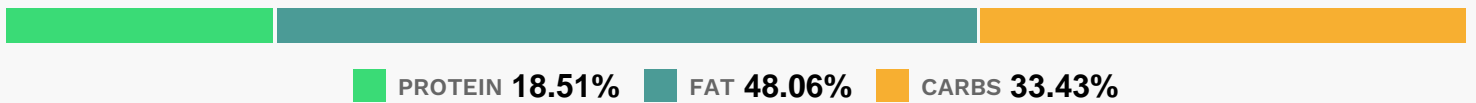
Equipment

- frying pan
- paper towels
- slotted spoon

Directions

- Cook bacon in 10-inch skillet over medium heat, stirring occasionally, until crisp.
- Remove bacon with slotted spoon; drain on paper towels.
- Drain fat from skillet.
- Heat broth, peas, celery, onion, savory and garlic to boiling in same skillet. Boil uncovered 2 minutes; reduce heat. Cover and simmer about 40 minutes, stirring occasionally, until peas are almost tender (do not boil or peas will burst).
- Stir in carrots and bell pepper.
- Heat to simmering. Cover and simmer about 13 minutes, stirring occasionally, until vegetables are tender; stir.
- Sprinkle with cheese and bacon.

Nutrition Facts



Properties

Glycemic Index:53.46, Glycemic Load:5.19, Inflammation Score:-10, Nutrition Score:19.193913081418%

Flavonoids

Apigenin: 0.72mg, Apigenin: 0.72mg, Apigenin: 0.72mg, Apigenin: 0.72mg Luteolin: 2.26mg, Luteolin: 2.26mg, Luteolin: 2.26mg, Luteolin: 2.26mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 9.24mg, Quercetin: 9.24mg, Quercetin: 9.24mg, Quercetin: 9.24mg

Nutrients (% of daily need)

Calories: 253.69kcal (12.68%), Fat: 13.86g (21.33%), Saturated Fat: 5.79g (36.21%), Carbohydrates: 21.7g (7.23%), Net Carbohydrates: 15.42g (5.61%), Sugar: 7.42g (8.25%), Cholesterol: 30.03mg (10.01%), Sodium: 833.47mg (36.24%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.01g (24.02%), Vitamin A: 8449.44IU (168.99%), Vitamin C: 40.32mg (48.87%), Folate: 121.92µg (30.48%), Manganese: 0.53mg (26.52%), Fiber: 6.28g (25.11%), Phosphorus: 212.21mg (21.22%), Vitamin B6: 0.36mg (18.02%), Calcium: 179.26mg (17.93%), Vitamin B1: 0.26mg (17.57%), Vitamin K: 18.03µg (17.17%), Potassium: 561.27mg (16.04%), Vitamin B2: 0.25mg (14.62%), Magnesium: 50.37mg (12.59%), Selenium: 8.62µg (12.32%), Copper: 0.23mg (11.64%), Iron: 2.09mg (11.6%), Vitamin B3: 2.26mg (11.32%), Zinc: 1.65mg (11.01%), Vitamin B5: 0.63mg (6.29%), Vitamin E: 0.86mg (5.71%), Vitamin B12: 0.26µg (4.28%), Vitamin D: 0.17µg (1.15%)