



Simmered Black-eyed Peas with Tomatoes



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



182 kcal

SIDE DISH

Ingredients

- ☐ 32 ounce black-eyed peas frozen
- ☐ 1 teaspoon thyme leaves dried
- ☐ 2 garlic cloves minced
- ☐ 1.5 teaspoons kosher salt plus more to taste
- ☐ 2 tablespoons olive oil
- ☐ 1.5 cups onion chopped
- ☐ 1 teaspoon pepper freshly ground plus more to taste
- ☐ 2 tomatoes chopped

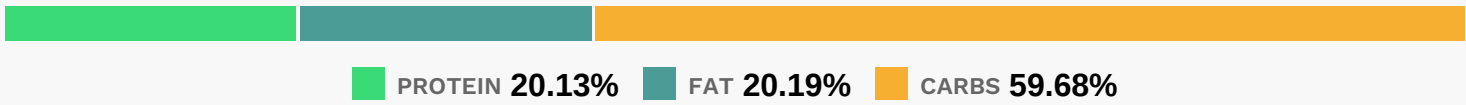
Equipment

☐ sauce pan

Directions

- ☐ Heat oil in a large, heavy saucepan over medium heat.
- ☐ Add onion and garlic, and saut about 4 minutes or until tender.
- ☐ Add tomato and next 3 ingredients; cook, stirring often, about 2 minutes or until tomato starts to soften.
- ☐ Stir in black-eyed peas and 3 1/2 cups water; bring to a boil. Reduce heat to low, cover, and simmer about 1 hour or until peas are tender. Season with more kosher salt and pepper, if desired.
- ☐ Serve hot or warm.

Nutrition Facts



Properties

Glycemic Index:21, Glycemic Load:7.66, Inflammation Score:-7, Nutrition Score:13.110869666804%

Flavonoids

Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 6.28mg, Quercetin: 6.28mg, Quercetin: 6.28mg, Quercetin: 6.28mg

Nutrients (% of daily need)

Calories: 182.11kcal (9.11%), Fat: 4.21g (6.48%), Saturated Fat: 0.67g (4.18%), Carbohydrates: 28.03g (9.34%), Net Carbohydrates: 19.65g (7.15%), Sugar: 5.83g (6.48%), Cholesterol: 0mg (0%), Sodium: 443.62mg (19.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.45g (18.9%), Folate: 246.59µg (61.65%), Fiber: 8.38g (33.5%), Manganese: 0.67mg (33.39%), Phosphorus: 194.77mg (19.48%), Iron: 3.21mg (17.82%), Vitamin B1: 0.26mg (17.11%), Copper: 0.34mg (17.04%), Magnesium: 67.38mg (16.85%), Potassium: 439.4mg (12.55%), Zinc: 1.59mg (10.58%), Vitamin B6: 0.18mg (9.24%), Vitamin K: 9.15µg (8.71%), Vitamin C: 7.18mg (8.71%), Vitamin E: 1.01mg (6.71%), Vitamin A: 279.94IU (5.6%), Vitamin B5: 0.54mg (5.38%), Vitamin B2: 0.08mg (4.59%), Selenium: 3.11µg (4.44%), Calcium:

42.32mg (4.23%), Vitamin B3: 0.79mg (3.97%)