



Slow-Cooker Black-Eyed Peas

 **Gluten Free**  **Dairy Free**

READY IN



425 min.

SERVINGS



5

CALORIES



580 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 slices oscar mayer bacon chopped
- 1 lb black-eyed peas rinsed
- 10 oz canned tomatoes diced green undrained reduced-sodium canned
- 4 carrots peeled chopped
- 6 cups rice long-grain white hot cooked
- 28 oz chicken broth fat-free reduced-sodium canned
- 1.5 tsp ground cumin
- 7 oz oscar mayer carving board slow ham cooked

- 1 bunch mustard greens chopped
- 1 large onion chopped
- 1 cup water

Equipment

- frying pan
- sauce pan
- slow cooker

Directions

- Place peas in large saucepan.
- Add enough water to cover by 3 inches. Bring to boil; simmer on medium-low heat 2 min.
- Remove from heat.
- Let stand, covered, 1 hour.
- Cook and stir carrots, onions and bacon in skillet on medium heat 8 min. or until onions are crisp-tender. Meanwhile, bring broth, tomatoes and water to boil in saucepan.
- Drain peas; place in slow cooker.
- Add cooked vegetables, broth mixture, ham and cumin; stir. Cover with lid; cook on LOW 5 to 6 hours (or on HIGH 2-1/2 to 3 hours).
- Stir in greens. Cook, covered, 30 min. or just until greens are tender.
- Serve with rice.

Nutrition Facts



Properties

Glycemic Index:59.77, Glycemic Load:66.04, Inflammation Score:-10, Nutrition Score:29.945652308671%

Flavonoids

Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 1.54mg, Isorhamnetin: 1.54mg, Isorhamnetin: 1.54mg, Isorhamnetin: 1.54mg Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg

0.39mg, Kaempferol: 0.39mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg
Quercetin: 6.21mg, Quercetin: 6.21mg, Quercetin: 6.21mg, Quercetin: 6.21mg

Nutrients (% of daily need)

Calories: 580.36kcal (29.02%), Fat: 15.36g (23.64%), Saturated Fat: 5.04g (31.53%), Carbohydrates: 84.58g (28.19%), Net Carbohydrates: 74.9g (27.24%), Sugar: 9.42g (10.47%), Cholesterol: 36.22mg (12.07%), Sodium: 1355.6mg (58.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.58g (51.16%), Vitamin A: 8308.82IU (166.18%), Manganese: 1.58mg (79.15%), Folate: 219.59µg (54.9%), Selenium: 33.1µg (47.29%), Vitamin B1: 0.61mg (40.79%), Phosphorus: 397.83mg (39.78%), Fiber: 9.68g (38.71%), Vitamin B6: 0.68mg (33.91%), Copper: 0.6mg (29.75%), Vitamin B3: 5.81mg (29.04%), Magnesium: 105mg (26.25%), Iron: 4.64mg (25.8%), Potassium: 892.13mg (25.49%), Zinc: 3.61mg (24.1%), Vitamin B5: 1.91mg (19.1%), Vitamin B2: 0.28mg (16.35%), Vitamin C: 10.86mg (13.17%), Vitamin K: 11.66µg (11.1%), Vitamin B12: 0.66µg (10.99%), Vitamin E: 1.61mg (10.73%), Calcium: 100.26mg (10.03%), Vitamin D: 0.35µg (2.32%)