



WHATSheATE



Slow-Cooker Black Eyed Peas and Greens



Gluten Free



Dairy Free

READY IN



550 min.

SERVINGS



12

CALORIES



89 kcal

SIDE DISH

Ingredients

- ☐ 16 oz pea-mond dressing dried rinsed (2 cups)
- ☐ 32 oz chicken broth (4 cups)
- ☐ 2 cups finely-chopped ham diced cooked
- ☐ 1 cup water
- ☐ 0.5 teaspoon salt
- ☐ 0.3 teaspoon ground pepper red (cayenne)
- ☐ 3 cloves garlic finely chopped
- ☐ 0.5 cup carrots chopped

- ☐ 2 sprigs thyme sprigs fresh (4 inch)
- ☐ 1 cup onion chopped
- ☐ 1 jalapeno seeded chopped
- ☐ 5 cups endive
- ☐ 1 serving hot sauce red

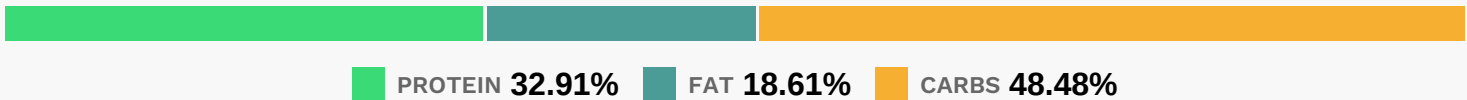
Equipment

- ☐ slow cooker

Directions

- ☐ Spray 5- to 6-quart slow cooker with cooking spray. In slow cooker, mix all ingredients except escarole and pepper sauce.
- ☐ Cover; cook on Low heat setting 8 hours or until peas are tender.
- ☐ Stir in escarole. Cover; cook 1 hour longer or until escarole is wilted and tender.
- ☐ Serve with pepper sauce.

Nutrition Facts



Properties

Glycemic Index:24.9, Glycemic Load:2.77, Inflammation Score:-8, Nutrition Score:11.193043397821%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 2.21mg, Kaempferol: 2.21mg, Kaempferol: 2.21mg, Kaempferol: 2.21mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.79mg, Quercetin: 2.79mg, Quercetin: 2.79mg, Quercetin: 2.79mg

Nutrients (% of daily need)

Calories: 89.26kcal (4.46%), Fat: 1.88g (2.89%), Saturated Fat: 0.4g (2.52%), Carbohydrates: 11.02g (3.67%), Net Carbohydrates: 7.46g (2.71%), Sugar: 2.5g (2.78%), Cholesterol: 15.26mg (5.09%), Sodium: 606.6mg (26.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.48g (14.97%), Vitamin K: 49.79µg (47.42%), Folate: 112.77µg (28.19%), Vitamin A: 1387.81IU (27.76%), Manganese: 0.35mg (17.66%), Vitamin B1: 0.22mg (14.7%), Fiber: 3.56g

(14.25%), Phosphorus: 130.3mg (13.03%), Vitamin C: 9.12mg (11.05%), Copper: 0.17mg (8.47%), Potassium: 281.35mg (8.04%), Vitamin B2: 0.14mg (7.96%), Iron: 1.43mg (7.93%), Zinc: 1.18mg (7.85%), Magnesium: 30.74mg (7.68%), Selenium: 5.21µg (7.44%), Vitamin B6: 0.13mg (6.47%), Vitamin B3: 1.2mg (6%), Vitamin B5: 0.55mg (5.54%), Vitamin B12: 0.28µg (4.68%), Calcium: 31.77mg (3.18%), Vitamin E: 0.32mg (2.14%)