



Smoky Black-Eyed Pea Soup with Corn Bread Croutons

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



432 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 slices applewood-smoked bacon chopped
- 6 cups black-eyed peas cooked
- 1 cup corn bread cubed (1-inch) ()
- 0.3 teaspoon pepper red crushed
- 2 cups less-sodium chicken broth fat-free
- 1 tablespoon thyme leaves fresh chopped
- 6 garlic cloves minced

- 3 cups onion chopped
- 0.8 teaspoon salt
- 1 cup watercress trimmed chopped
- 2 cups water

Equipment

- bowl
- frying pan
- baking sheet
- sauce pan
- ladle
- oven
- blender

Directions

- Preheat oven to 350
- Arrange corn bread in a single layer on a baking sheet.
- Bake at 350 for 15 minutes or until golden brown.
- Heat a large saucepan over medium heat.
- Add bacon to pan; cook 5 minutes or until crisp, stirring occasionally.
- Remove bacon from pan, reserving 1 tablespoon drippings in pan. Set bacon aside.
- Add onion and garlic to drippings; cook 8 minutes or until tender, stirring occasionally. Stir in peas and next 5 ingredients (through pepper); bring to a boil. Cover, reduce heat, and simmer 40 minutes or until beans are very tender.
- Place half of bean mixture in a blender.
- Remove center piece of blender lid (to allow steam to escape); secure blender lid on blender.
- Place a clean towel over opening in blender lid (to avoid splatters). Blend until smooth.
- Pour pureed soup into a large bowl. Repeat procedure with remaining bean mixture. Ladle about 1 1/3 cups soup into each of 6 bowls; top each serving with about 2 1/2 tablespoons watercress, 2 1/2 tablespoons croutons, and about 1 1/2 teaspoons bacon.

Nutrition Facts

PROTEIN 17.66% FAT 22.03% CARBS 60.31%

Properties

Glycemic Index:29.17, Glycemic Load:12.05, Inflammation Score:-9, Nutrition Score:24.548260673233%

Flavonoids

Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.55mg, Luteolin: 0.55mg, Luteolin: 0.55mg, Luteolin: 0.55mg Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg Kaempferol: 1.83mg, Kaempferol: 1.83mg, Kaempferol: 1.83mg, Kaempferol: 1.83mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 17.99mg, Quercetin: 17.99mg, Quercetin: 17.99mg, Quercetin: 17.99mg

Nutrients (% of daily need)

Calories: 432.34kcal (21.62%), Fat: 10.77g (16.57%), Saturated Fat: 3.7g (23.15%), Carbohydrates: 66.36g (22.12%), Net Carbohydrates: 52.63g (19.14%), Sugar: 15.54g (17.26%), Cholesterol: 32.16mg (10.72%), Sodium: 951.78mg (41.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.43g (38.86%), Folate: 396.55µg (99.14%), Manganese: 1.1mg (55.19%), Fiber: 13.73g (54.92%), Phosphorus: 484.62mg (48.46%), Vitamin B1: 0.52mg (34.45%), Iron: 5.66mg (31.46%), Copper: 0.57mg (28.75%), Magnesium: 113.11mg (28.28%), Potassium: 738.66mg (21.1%), Vitamin B6: 0.4mg (20.07%), Zinc: 2.88mg (19.21%), Selenium: 13.24µg (18.91%), Vitamin K: 19.01µg (18.1%), Vitamin C: 11.89mg (14.41%), Vitamin B3: 2.81mg (14.04%), Calcium: 136.45mg (13.64%), Vitamin B2: 0.23mg (13.49%), Vitamin B5: 1.25mg (12.47%), Vitamin A: 359.51IU (7.19%), Vitamin E: 0.85mg (5.68%), Vitamin B12: 0.32µg (5.26%)