



Southern Field Peas

 Gluten Free  Dairy Free

READY IN



38 min.

SERVINGS



6

CALORIES



165 kcal

SIDE DISH

Ingredients

- 3 slices bacon
- 3 cups pink-eyed peas fresh
- 0.5 teaspoon pepper black freshly ground
- 2 garlic cloves minced
- 2 teaspoons olive oil
- 0.5 cup onion chopped
- 0.5 teaspoon salt
- 3 cups water

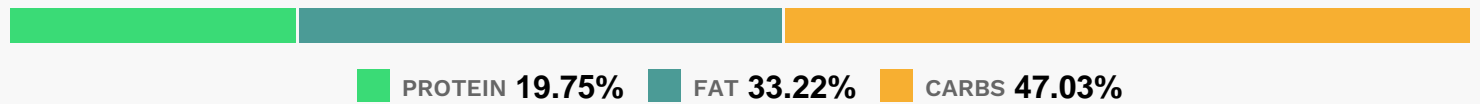
Equipment

- frying pan
- sauce pan

Directions

- Heat a large saucepan over medium-high heat.
- Add oil to pan; swirl to coat.
- Add onion and garlic; saut 2 minutes.
- Add peas, 3 cups water, and bacon; bring to a boil. Reduce heat; simmer, partially covered, 30 minutes or until tender. Discard bacon. Stir in salt and pepper.

Nutrition Facts



Properties

Glycemic Index:21.67, Glycemic Load:5.42, Inflammation Score:-5, Nutrition Score:9.3717390596867%

Flavonoids

Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.72mg, Quercetin: 2.72mg, Quercetin: 2.72mg, Quercetin: 2.72mg

Nutrients (% of daily need)

Calories: 164.66kcal (8.23%), Fat: 6.18g (9.51%), Saturated Fat: 1.77g (11.09%), Carbohydrates: 19.68g (6.56%), Net Carbohydrates: 13.8g (5.02%), Sugar: 3.41g (3.79%), Cholesterol: 7.26mg (2.42%), Sodium: 276.73mg (12.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.26g (16.53%), Folate: 181.47µg (45.37%), Fiber: 5.88g (23.52%), Manganese: 0.47mg (23.27%), Phosphorus: 155.66mg (15.57%), Vitamin B1: 0.21mg (14.16%), Copper: 0.26mg (13.23%), Iron: 2.27mg (12.63%), Magnesium: 49.96mg (12.49%), Zinc: 1.29mg (8.59%), Potassium: 286.61mg (8.19%), Vitamin B6: 0.14mg (7.21%), Selenium: 4.58µg (6.54%), Vitamin B3: 0.89mg (4.46%), Vitamin B5: 0.44mg (4.39%), Vitamin B2: 0.06mg (3.6%), Vitamin E: 0.49mg (3.24%), Calcium: 30.49mg (3.05%), Vitamin K: 2.61µg (2.48%), Vitamin C: 1.64mg (1.99%)