



Spicy Black-Eyed-Pea Relish



Gluten Free



Dairy Free

READY IN



80 min.

SERVINGS



8

CALORIES



267 kcal

SIDE DISH

Ingredients

- ☐ 3 cups black-eyed peas dried
- ☐ 0.3 cup cilantro leaves fresh plus more for garnish chopped
- ☐ 0.3 bunch thyme leaves fresh
- ☐ 5 cloves garlic
- ☐ 1 juice of lemon
- ☐ 8 servings kosher salt and pepper freshly ground
- ☐ 4 cups chicken broth low-sodium
- ☐ 8 servings olive oil extra-virgin for drizzling

- ☐ 5 chile peppers dried red
- ☐ 4 scallions chopped
- ☐ 2 slices bacon thick-cut
- ☐ 2 tomatoes quartered

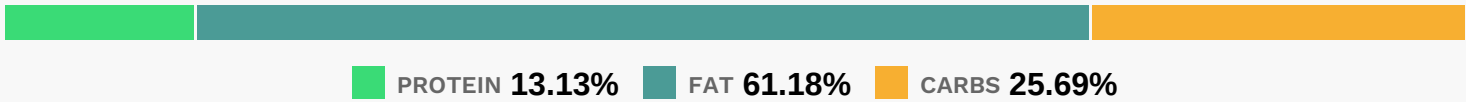
Equipment

- ☐ pot
- ☐ blender

Directions

- ☐ Combine the dried peas, bacon, thyme, tomatoes, chiles and garlic in a large pot. Season with salt and pepper and pour the chicken broth over top. Simmer over medium-low heat until the peas are tender, about 1 hour.
- ☐ Drain the peas, reserving the cooking liquid. Discard the thyme and chiles.
- ☐ Remove the bacon, tomatoes and garlic from the cooked peas and set aside.
- ☐ Cut up the bacon and fold it back into the peas along with the cilantro, scallions and lemon juice.
- ☐ Puree the cooking liquid with the tomatoes and garlic in a blender. Dress the peas with the puree and give it a final seasoning with salt and pepper, if necessary. Top with cilantro and a drizzle of olive oil.
- ☐ Photographs by James Baigrie

Nutrition Facts



Properties

Glycemic Index:27.25, Glycemic Load:4.36, Inflammation Score:-7, Nutrition Score:11.342608741444%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.26mg, Naringenin: 0.26mg, Naringenin: 0.26mg, Naringenin: 0.26mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.07mg,

Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 1.13mg, Quercetin: 1.13mg, Quercetin: 1.13mg

Nutrients (% of daily need)

Calories: 267.32kcal (13.37%), Fat: 18.74g (28.82%), Saturated Fat: 3.45g (21.54%), Carbohydrates: 17.7g (5.9%), Net Carbohydrates: 12.82g (4.66%), Sugar: 3.48g (3.86%), Cholesterol: 5.94mg (1.98%), Sodium: 295.01mg (12.83%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.05g (18.09%), Folate: 143.94µg (35.99%), Vitamin K: 26.29µg (25.04%), Fiber: 4.89g (19.56%), Manganese: 0.39mg (19.56%), Vitamin E: 2.46mg (16.43%), Phosphorus: 162.62mg (16.26%), Copper: 0.27mg (13.44%), Vitamin B3: 2.56mg (12.82%), Iron: 2.24mg (12.44%), Potassium: 408.82mg (11.68%), Vitamin B1: 0.18mg (11.67%), Magnesium: 42.33mg (10.58%), Vitamin C: 8.07mg (9.78%), Vitamin A: 451.82IU (9.04%), Vitamin B6: 0.16mg (7.86%), Zinc: 1.16mg (7.76%), Vitamin B2: 0.1mg (5.68%), Selenium: 3.74µg (5.35%), Vitamin B5: 0.37mg (3.69%), Calcium: 32.91mg (3.29%), Vitamin B12: 0.16µg (2.72%)