



Spicy Black-Eyed Pea Soup

 **Gluten Free**

READY IN



65 min.

SERVINGS



12

CALORIES



451 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 pound bacon diced
- 2 cubes beef bouillon from cube
- 60 ounce black-eyed peas undrained canned
- 2 cups tomatoes diced canned
- 1 clove garlic minced
- 2 tablespoons jalapeno fresh diced
- 3 cups cheddar cheese shredded
- 3 cups water

1 cup onion white chopped

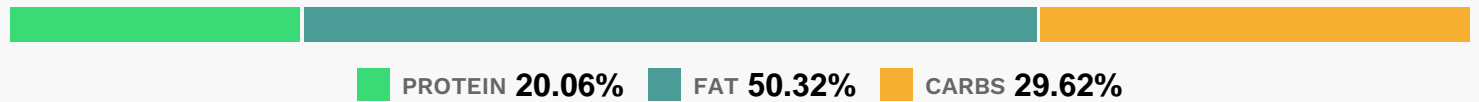
Equipment

pot

Directions

- Cook and stir bacon in a stockpot over medium heat until slightly browned, 5 to 10 minutes.
- Add onion, jalapeno pepper, and garlic; cook until bacon is slightly crisp, 5 to 10 more minutes.
- Add black-eyed peas, water, tomatoes, and beef bouillon; bring to a low boil.
- Reduce heat and simmer, stirring frequently, until flavors have blended, about 30 minutes.
- Add Cheddar cheese and continue to cook, stirring frequently, until cheese is melted, about 15 minutes.

Nutrition Facts



Properties

Glycemic Index:13.08, Glycemic Load:8.8, Inflammation Score:-8, Nutrition Score:20.878695809323%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg 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: 3.04mg, Quercetin: 3.04mg, Quercetin: 3.04mg, Quercetin: 3.04mg

Nutrients (% of daily need)

Calories: 450.59kcal (22.53%), Fat: 25.44g (39.13%), Saturated Fat: 10.66g (66.63%), Carbohydrates: 33.69g (11.23%), Net Carbohydrates: 23.78g (8.65%), Sugar: 6.39g (7.1%), Cholesterol: 53.2mg (17.73%), Sodium: 503.94mg (21.91%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.81g (45.63%), Folate: 307.2µg (76.8%), Phosphorus: 417.53mg (41.75%), Fiber: 9.92g (39.66%), Manganese: 0.74mg (36.75%), Vitamin B1: 0.42mg (28.3%), Selenium: 19.29µg (27.56%), Calcium: 253.67mg (25.37%), Magnesium: 94.07mg (23.52%), Iron: 4.19mg (23.25%), Zinc: 3.4mg (22.68%), Copper: 0.45mg (22.46%), Potassium: 592.88mg (16.94%), Vitamin B6: 0.34mg (16.79%), Vitamin B2: 0.26mg (15.35%), Vitamin B3: 2.58mg (12.88%), Vitamin C: 8.32mg (10.08%), Vitamin B5: 0.98mg (9.82%), Vitamin B12: 0.49µg (8.15%), Vitamin A: 392.35IU (7.85%), Vitamin E: 1.14mg (7.57%), Vitamin K: 4.77µg (4.54%), Vitamin D:

0.32µg (2.14%)