



Spicy Black-Eyed Peas



Gluten Free



Dairy Free

READY IN



90 min.

SERVINGS



8

CALORIES



132 kcal

SIDE DISH

Ingredients

- ☐ 4 slices bacon
- ☐ 16 ounce black-eyed peas dried washed
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 12 ounce canned tomatoes diced green canned
- ☐ 1 teaspoon chili powder
- ☐ 1 medium onion chopped
- ☐ 1 teaspoon salt
- ☐ 3 cups water

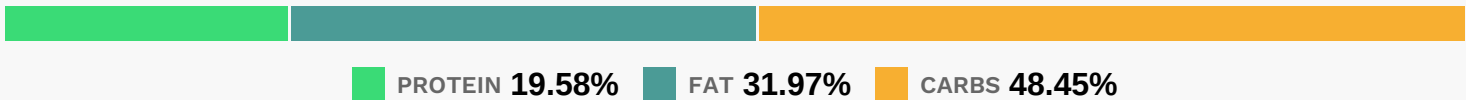
Equipment

☐ sauce pan

Directions

- ☐ In a large saucepan, cook the bacon until crisp.
- ☐ Remove the bacon, crumble, and set aside to use as a topping for the peas.
- ☐ Saute the onion in the bacon drippings until tender.
- ☐ Add the peas, diced tomatoes and green chiles, salt, chili powder, pepper and water. Cover and cook over medium heat for 45 minutes to 1 hour, or until the peas are tender.
- ☐ Add additional water, if necessary.
- ☐ Serve garnished with crumbled bacon.

Nutrition Facts



Properties

Glycemic Index:17.25, Glycemic Load:4.49, Inflammation Score:-5, Nutrition Score:8.6647826264734%

Flavonoids

Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 2.79mg, Quercetin: 2.79mg, Quercetin: 2.79mg, Quercetin: 2.79mg

Nutrients (% of daily need)

Calories: 131.77kcal (6.59%), Fat: 4.84g (7.44%), Saturated Fat: 1.57g (9.82%), Carbohydrates: 16.5g (5.5%), Net Carbohydrates: 11.65g (4.24%), Sugar: 4.34g (4.83%), Cholesterol: 7.26mg (2.42%), Sodium: 431.02mg (18.74%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.67g (13.33%), Folate: 126.17µg (31.54%), Fiber: 4.85g (19.38%), Manganese: 0.39mg (19.35%), Copper: 0.26mg (12.92%), Phosphorus: 122.83mg (12.28%), Vitamin B1: 0.18mg (12.26%), Iron: 2.11mg (11.71%), Magnesium: 42.73mg (10.68%), Potassium: 330.67mg (9.45%), Vitamin B6: 0.17mg (8.59%), Zinc: 1.02mg (6.81%), Vitamin B3: 1.29mg (6.45%), Vitamin C: 5.16mg (6.25%), Selenium: 4.01µg (5.73%), Vitamin E: 0.84mg (5.58%), Vitamin B5: 0.43mg (4.33%), Vitamin B2: 0.07mg (4.03%), Calcium: 36mg (3.6%), Vitamin A: 179.09IU (3.58%), Vitamin K: 3.74µg (3.56%)