



Spicy Black-Eyed Peas



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



195 min.

SERVINGS



8

CALORIES



54 kcal

SIDE DISH

Ingredients

- ☐ 2 cups pea-mond dressing dried rinsed
- ☐ 0.5 cup onion chopped
- ☐ 6 cups water
- ☐ 1 teaspoon salt
- ☐ 0.5 teaspoon pepper
- ☐ 0.8 cup frangelico hot thick

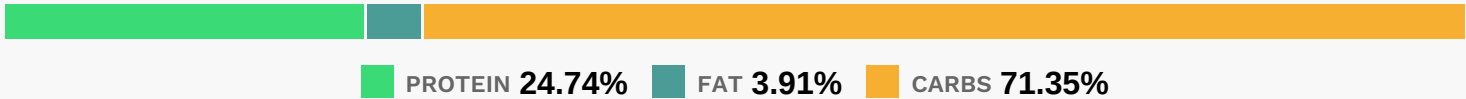
Equipment

- ☐ slow cooker

Directions

- ☐ In 3- to 4-quart slow cooker, mix all ingredients except salsa.
- ☐ Cover; cook on High heat setting 3 to 4 hours.
- ☐ Stir in salsa. Cover; cook on High heat setting about 10 minutes or until hot.

Nutrition Facts



Properties

Glycemic Index:12.5, Glycemic Load:2.74, Inflammation Score:-3, Nutrition Score:4.4108695374883%

Flavonoids

Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 2.03mg, Quercetin: 2.03mg, Quercetin: 2.03mg, Quercetin: 2.03mg

Nutrients (% of daily need)

Calories: 54.19kcal (2.71%), Fat: 0.24g (0.37%), Saturated Fat: 0.07g (0.41%), Carbohydrates: 9.94g (3.31%), Net Carbohydrates: 6.94g (2.53%), Sugar: 1.84g (2.05%), Cholesterol: 0mg (0%), Sodium: 301.7mg (13.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.45g (6.89%), Folate: 91.36µg (22.84%), Fiber: 3g (11.99%), Manganese: 0.23mg (11.69%), Copper: 0.15mg (7.47%), Phosphorus: 70.18mg (7.02%), Magnesium: 25.79mg (6.45%), Iron: 1.11mg (6.19%), Vitamin B1: 0.09mg (6.11%), Zinc: 0.59mg (3.94%), Potassium: 135.86mg (3.88%), Vitamin B6: 0.06mg (2.77%), Vitamin B5: 0.19mg (1.91%), Calcium: 18.68mg (1.87%), Selenium: 1.13µg (1.62%), Vitamin B2: 0.03mg (1.56%), Vitamin B3: 0.23mg (1.13%), Vitamin C: 0.91mg (1.11%)