



Spicy Black-Eyed Peas



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



7

CALORIES



167 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 bay leaves
- ☐ 3 cups pea-mond dressing shelled
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 0.5 teaspoon thyme dried
- ☐ 4 garlic clove minced
- ☐ 2 tablespoons jalapeno finely chopped
- ☐ 2 cups beef broth fat-free
- ☐ 0.3 teaspoon salt

- ☐ 2 cups onion sweet chopped
- ☐ 12 ounce turkey legs smoked

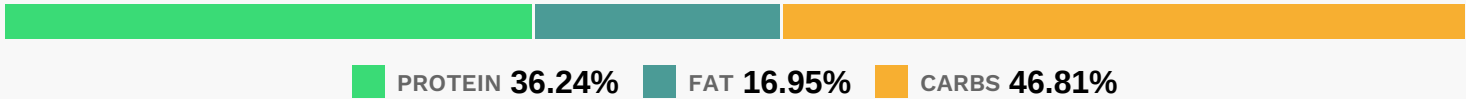
Equipment

- ☐ ziploc bags
- ☐ slotted spoon
- ☐ slow cooker

Directions

- ☐ Place all ingredients except hot sauce in a 3-quart electric slow cooker; stir well. Cover and cook on LOW for 8 hours or until peas are tender. Discard bay leaf and turkey leg.
- ☐ Serve peas with a slotted spoon, and sprinkle with hot sauce, if desired.
- ☐ Freezer Tip: Freeze your summer bounty of black-eyed peas for fresh flavor in the fall. Fill a heavy-duty zip-top plastic bag with unrinsed peas, and place in the freezer. Use within three months for best taste.

Nutrition Facts



Properties

Glycemic Index:19.29, Glycemic Load:4.53, Inflammation Score:-6, Nutrition Score:11.999130487442%

Flavonoids

Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.53mg, Kaempferol: 0.53mg, Kaempferol: 0.53mg, Kaempferol: 0.53mg Myricetin: 0.55mg, Myricetin: 0.55mg, Myricetin: 0.55mg Quercetin: 6.88mg, Quercetin: 6.88mg, Quercetin: 6.88mg, Quercetin: 6.88mg

Nutrients (% of daily need)

Calories: 166.73kcal (8.34%), Fat: 3.17g (4.88%), Saturated Fat: 0.94g (5.88%), Carbohydrates: 19.7g (6.57%), Net Carbohydrates: 14.3g (5.2%), Sugar: 4.92g (5.47%), Cholesterol: 28.64mg (9.55%), Sodium: 245.7mg (10.68%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.25g (30.51%), Folate: 169.32µg (42.33%), Manganese: 0.44mg (22.13%), Fiber: 5.41g (21.63%), Phosphorus: 202.74mg (20.27%), Selenium: 12.99µg (18.55%), Iron: 2.8mg (15.58%),

Vitamin B6: 0.31mg (15.52%), Zinc: 2.29mg (15.26%), Potassium: 525.72mg (15.02%), Copper: 0.29mg (14.46%),
Vitamin B1: 0.2mg (13.62%), Magnesium: 53.02mg (13.26%), Vitamin C: 8.15mg (9.88%), Vitamin B3: 1.69mg (8.43%),
Vitamin B2: 0.14mg (8.24%), Vitamin B5: 0.81mg (8.12%), Calcium: 39.15mg (3.91%), Vitamin K: 3.55µg (3.38%),
Vitamin B12: 0.16µg (2.62%), Vitamin E: 0.38mg (2.51%), Vitamin A: 63.07IU (1.26%)