



 **91%**  
HEALTH SCORE

## Spicy Collards and Black-eyed Pea Soup

 Vegetarian  Vegan  Gluten Free  Dairy Free  Very Healthy

READY IN



45 min.

SERVINGS



6

CALORIES



149 kcal

SOUP

ANTIPASTI

STARTER

SNACK

### Ingredients

- 2 cups pea-mond dressing dried picked over rinsed
- 0.3 teaspoon pepper black
- 16 ounce canned tomatoes canned (fire-roasted preferred)
- 0.3 teaspoon ground pepper to taste ()
- 2 ribs celery diced
- 0.5 teaspoon chipotle sauce to taste ()
- 1 pound collard greens chopped
- 1.5 teaspoons thyme dried divided ()

- 3 cloves garlic minced
- 1 cup bell pepper diced green
- 1 tablespoon hot sauce
- 2 onion diced
- 1 teaspoon oregano divided ( )
- 0.5 teaspoon paprika smoked spanish
- 1 teaspoons salt to taste ( )
- 1 tablespoon tomato paste (or 2 tbsp. regular)
- 2 cups vegetable stock (or vegetable broth)

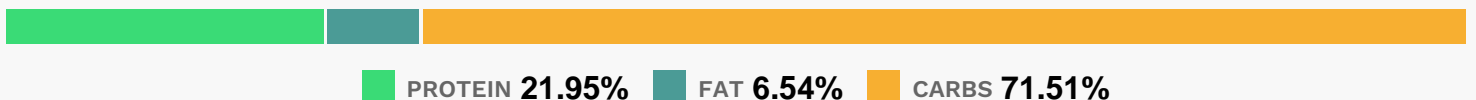
## Equipment

- pressure cooker

## Directions

- Heat it and add the onions. Sauté for about 5 minutes, until they begin to brown.
- Add the celery, green pepper, and garlic, and cook, stirring, for 3 more minutes.
- Add the black-eyed peas, water, 1 teaspoon of the thyme, and 1/2 teaspoon of oregano.  
Cooking: If using a pressure cooker, seal the cooker and cook for 10 minutes after it reaches high pressure; use a quick-release method to bring down the pressure. If cooking in a regular pot, cook until peas are tender, about 45-55 minutes. Once the peas are tender, add all remaining ingredients and cook for at least 25 minutes to allow flavors to develop.
- Serve with brown rice with additional hot sauce. (
- Garnishing with fresh oregano is optional.)

## Nutrition Facts



## Properties

Glycemic Index:58.67, Glycemic Load:6.58, Inflammation Score:-10, Nutrition Score:27.876087022864%

## Flavonoids

Apigenin: 0.38mg, Apigenin: 0.38mg, Apigenin: 0.38mg, Apigenin: 0.38mg Luteolin: 1.38mg, Luteolin: 1.38mg, Luteolin: 1.38mg, Luteolin: 1.38mg Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg Kaempferol: 6.89mg, Kaempferol: 6.89mg, Kaempferol: 6.89mg, Kaempferol: 6.89mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 10.01mg, Quercetin: 10.01mg, Quercetin: 10.01mg, Quercetin: 10.01mg

## Nutrients (% of daily need)

Calories: 148.84kcal (7.44%), Fat: 1.2g (1.84%), Saturated Fat: 0.22g (1.35%), Carbohydrates: 29.39g (9.8%), Net Carbohydrates: 19.35g (7.04%), Sugar: 9.14g (10.16%), Cholesterol: 0mg (0%), Sodium: 908.04mg (39.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.02g (18.04%), Vitamin K: 348.32µg (331.73%), Vitamin A: 4461.47IU (89.23%), Vitamin C: 59.83mg (72.53%), Folate: 243.01µg (60.75%), Manganese: 1.09mg (54.29%), Fiber: 10.05g (40.19%), Calcium: 246.11mg (24.61%), Vitamin B6: 0.44mg (22.17%), Vitamin E: 3.22mg (21.48%), Potassium: 722.65mg (20.65%), Iron: 3.57mg (19.81%), Magnesium: 77.16mg (19.29%), Copper: 0.38mg (19.21%), Vitamin B1: 0.26mg (17.02%), Phosphorus: 157.97mg (15.8%), Vitamin B2: 0.21mg (12.17%), Vitamin B3: 2.12mg (10.62%), Zinc: 1.29mg (8.58%), Vitamin B5: 0.77mg (7.74%), Selenium: 3.51µg (5.01%)