



Split Peas and Pig Tails

 Gluten Free

READY IN



170 min.

SERVINGS



6

CALORIES



751 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tablespoon pepper black
- 1 stick butter
- 6 servings rice white steamed for serving
- 1 pound ham hocks
- 1 medium onion diced
- 1 tablespoon oregano
- 1 pound pig tails salted (cured or)
- 1 pound spilt peas

- 1 medium bell pepper diced red
- 1 tablespoon salt

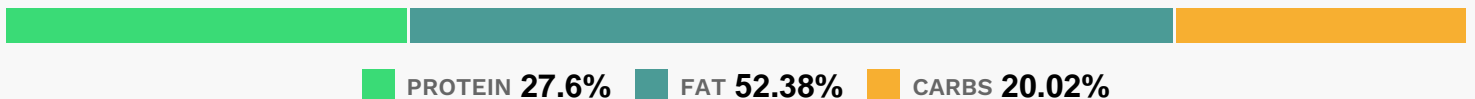
Equipment

- pot

Directions

- Watch how to make this recipe.
- Boil the pig tails in 2 quarts water for 1 1/2 hours, changing the water every half hour until the pig tails are soft and most of the salt has been removed.
- Boil the split peas and ham hocks in 2 quarts water until the split peas are soft, about 1 hour.
- Remove the ham hocks from the pot.
- Add the onions and peppers to the split peas and season with the salt, black pepper and oregano. Boil until the vegetables are soft, about 20 minutes.
- Add the softened pig tails and the butter.
- Let cook for another 15 minutes until done.
- Serve over steamed white rice.

Nutrition Facts



Properties

Glycemic Index:49.89, Glycemic Load:27.6, Inflammation Score:-9, Nutrition Score:17.051739081093%

Flavonoids

Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.77mg, Quercetin: 3.77mg, Quercetin: 3.77mg, Quercetin: 3.77mg

Nutrients (% of daily need)

Calories: 750.87kcal (37.54%), Fat: 43.33g (66.67%), Saturated Fat: 20.27g (126.66%), Carbohydrates: 37.27g (12.42%), Net Carbohydrates: 31.31g (11.39%), Sugar: 5.99g (6.65%), Cholesterol: 206.05mg (68.68%), Sodium: 1626mg (70.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 51.38g (102.76%), Vitamin C: 57mg (69.09%), Manganese: 0.9mg (45.04%), Vitamin A: 1689.97IU (33.8%), Iron: 6.03mg (33.49%), Vitamin K: 27.93µg (26.6%), Fiber: 5.96g (23.84%), Potassium: 586.72mg (16.76%), Folate: 66.83µg (16.71%), Vitamin B1: 0.24mg (15.97%), Vitamin B6: 0.29mg (14.66%), Phosphorus: 133.42mg (13.34%), Selenium: 7.68µg (10.96%), Copper: 0.22mg (10.88%), Vitamin B3: 2.17mg (10.85%), Magnesium: 43.01mg (10.75%), Zinc: 1.46mg (9.73%), Calcium: 85.62mg (8.56%), Vitamin B2: 0.14mg (8.5%), Vitamin E: 1.05mg (6.98%), Vitamin B5: 0.51mg (5.15%)