



HEALTH SCORE

71%

Vegetarian Southwest One-Pot Dinner



Vegetarian



Gluten Free



Very Healthy

READY IN



150 min.

SERVINGS



6

CALORIES



287 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 cups black-eyed peas dried
- ☐ 28 ounce canned tomatoes diced canned
- ☐ 0.3 cup chili powder
- ☐ 2 cups rice cooked
- ☐ 1 cloves garlic chopped
- ☐ 1 bell pepper diced green
- ☐ 2 teaspoons ground cumin
- ☐ 1 onion chopped

- ☐ 0.5 cup cheddar cheese shredded
- ☐ 10 ounce regular corn sweet drained canned

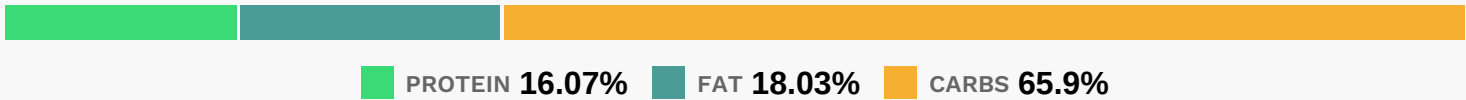
Equipment

- ☐ slow cooker

Directions

- ☐ Drain and rinse black-eyed peas thoroughly.
- ☐ Place peas, green pepper, onion, garlic, corn, and tomatoes, in slow cooker. Season with chili powder, and cumin; stir until well blended.
- ☐ Cover and cook on high for 2 hours. Stir in rice, and cheese. Continue to cook for a further 30 minutes.

Nutrition Facts



Properties

Glycemic Index:57.08, Glycemic Load:26.59, Inflammation Score:-10, Nutrition Score:25.098695755005%

Flavonoids

Luteolin: 0.94mg, Luteolin: 0.94mg, Luteolin: 0.94mg, Luteolin: 0.94mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.17mg, Quercetin: 4.17mg, Quercetin: 4.17mg, Quercetin: 4.17mg

Nutrients (% of daily need)

Calories: 286.81kcal (14.34%), Fat: 6.27g (9.64%), Saturated Fat: 2.33g (14.54%), Carbohydrates: 51.54g (17.18%), Net Carbohydrates: 40.73g (14.81%), Sugar: 11.42g (12.69%), Cholesterol: 9.42mg (3.14%), Sodium: 403.14mg (17.53%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.57g (25.13%), Vitamin A: 3514.62IU (70.29%), Manganese: 1.02mg (51.04%), Fiber: 10.81g (43.25%), Vitamin C: 32.52mg (39.42%), Vitamin E: 5.77mg (38.45%), Folate: 129.37µg (32.34%), Vitamin B6: 0.64mg (32.23%), Iron: 5.39mg (29.97%), Copper: 0.55mg (27.3%), Potassium: 903.49mg (25.81%), Phosphorus: 254.52mg (25.45%), Magnesium: 91.47mg (22.87%), Vitamin B3: 4.13mg (20.67%), Vitamin B1: 0.29mg (19.52%), Vitamin K: 20.16µg (19.2%), Calcium: 174.4mg (17.44%), Vitamin B2: 0.27mg (16.1%), Zinc: 2.33mg (15.51%), Selenium: 10.79µg (15.41%), Vitamin B5: 1.3mg (12.96%), Vitamin B12: 0.1µg (1.66%)