



BLACK-EYED PEAS, LOW-SODIUM, DRY

Date: December 2012 Code: 100374

PRODUCT DESCRIPTION

- Black-eyed peas are U.S. Grade A beans, also known as cowpeas.
- Black-eyed peas are a low-sodium food.

PACK/YIELD

- Black-eyed peas are packed in about 2 lb bags, which is about 4 cups dry or 6 cups cooked.

STORAGE

- Store unopened cans in a cool, clean, dry place.
- Store remaining opened black-eyed peas in a tightly covered container not made from metal and refrigerate.
- Look at the “Best if used by” or “Best by” date on the package.
- For further guidance on how to store and maintain USDA Foods, please visit the FDD Web site at: <http://www.fns.usda.gov/fdd/facts/biubguidance.htm>.

PREPARATION/COOKING

- Canned products are fully cooked, so it is safe to eat them without cooking.
- If heated, serve right away or refrigerate leftovers in a container not made from metal.

USES AND TIPS

- Serve black-eyed peas cold or heated in salads, soups, stews, and chili.
- Black-eyed peas are great when added to rice and served as a side dish or vegetarian meal.

NUTRITION INFORMATION

- ½ cup of black-eyed peas counts as ½ cup in the MyPlate.gov Vegetable Group. For a 2,000-calorie diet, the daily recommendation is about 2 ½ cups of vegetables.
- ½ cup of black-eyed peas provides more than 15% of the recommended daily amount of fiber.

FOOD SAFETY INFORMATION

- If the can is leaking or the ends are bulging, **throw it away**.
- If the canned food has a bad odor or liquid spurts out when the can is opened, **throw it away**.

OTHER RESOURCES

- www.nutrition.gov
- www.choosemyplate.gov
- www.fns.usda.gov/fdd/

NUTRITION FACTS

Serving size: ½ cup (85g) black-eyed peas, low-sodium, cooked, broiled

Amount Per Serving

Calories	99	Calories from Fat	0
-----------------	----	--------------------------	---

% Daily Value*

Total Fat 0g		0%
Saturated Fat 0g		0%
Trans Fat 0g		
Cholesterol 0mg		0%
Sodium 3mg		0%
Total Carbohydrate 18g		6%
Dietary Fiber 6g		24%
Sugars 3g		
Protein 6g		

Vitamin A	15%	Vitamin C	4%
Calcium	2%	Iron	6%

*Percent Daily Values are based on a 2,000 calorie diet.

QUICK AND HEALTHY BLACK-EYED PEAS

MAKES 6 SERVINGS

Ingredients

- 4 slices turkey bacon, chopped
- 2 cups low-sodium black-eyed peas, drained
- 1 cup water
- ¼ teaspoon black pepper
- 1 tablespoon sugar

1. Place a pot over medium high heat and cook turkey bacon for 3 to 4 minutes.
2. Add black-eyed peas, water, pepper, and sugar and bring to a boil.
3. Reduce heat to simmer and allow to cook until the peas are soft, about 15 minutes.
4. Serve hot.

Directions

Nutrition Information for 1 serving (½ cup) of Quick and Healthy Black-eyed Peas							
Calories	170	Cholesterol	5 mg	Sugar	7 g	Vitamin C	4 mg
Calories from Fat	20	Sodium	410 mg	Protein	7 g	Calcium	185 mg
Total Fat	2.5 g	Total Carbohydrate	30 g	Vitamin A	56 RAE	Iron	2 mg
Saturated Fat	0.5 g	Dietary Fiber	7 g				

Recipe provided by SNAP-ED Connection Recipe Finder

BLACK-EYED PEAS AND RICE

MAKES 6 SERVINGS

Ingredients

- ¾ cup water
- 1 onion, chopped
- 2 celery stalks, chopped
- 2 cloves garlic, chopped
- ¼ teaspoon black pepper
- 3 cups low-sodium black-eyed peas
- 4 cups rice, cooked
- 1 bell pepper, chopped
- ½ teaspoon hot pepper sauce

Directions

1. In a large pan, bring the water, onion, celery, garlic, and pepper to a boil, stirring often.
2. Add the black-eyed peas and return to a boil, stirring often.
3. Reduce heat to low, cover, and simmer, stirring from time to time, until peas are tender and most of the water is gone, about 20 minutes.
4. Add rice, pepper, and pepper sauce. Stirring often, simmer until heated through, about 5 minutes.
5. Serve hot.

Nutrition Information for 1 serving (about 1 cup) of Black-eyed Peas and Rice							
Calories	240	Cholesterol	0 mg	Sugar	7 g	Vitamin C	43 mg
Calories from Fat	10	Sodium	160 mg	Protein	6 g	Calcium	137 mg
Total Fat	1 g	Total Carbohydrate	52 g	Vitamin A	67 RAE	Iron	2 mg
Saturated Fat	0 g	Dietary Fiber	6 g				

Recipe adapted from Food.com