



PEAS, BLACK-EYED, LOW-SODIUM, CANNED

Date: October 2012 Code: 100367

PRODUCT DESCRIPTION

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

PACK/YIELD

- Canned black-eyed peas are packed in about 15 ounce cans, which is about 1 ½ cups or 3 ½ servings (½ cup each).

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 can.
- 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.

Nutrient Values in the Nutrition Facts Label are from the USDA National Nutrient Database for Standard Reference, or are average values from vendors who provide USDA Foods. Please refer to the product’s Nutrition Facts label or ingredient list for product-specific information.

NUTRITION INFORMATION

- ½ cup of lima beans counts as 1 ounce in the MyPlate.gov Protein Foods Group or as ½ cup in the Vegetable Group. For a 2,000-calorie diet, the daily recommendation is about 5 ½ ounces.
- ½ cup of black-eyed peas provides 15% of the recommended daily fiber needs.

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, canned, drained

Amount Per Serving

Calories	92	Calories from Fat	0
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% Daily Value*

Total Fat 0g		0%
Saturated Fat 0 g		0%
<i>Trans</i> Fat 0 g		
Cholesterol 0 mg		0%
Sodium 140 mg		6%
Total Carbohydrate 16 g		5%
Dietary Fiber 4 g		16%
Sugars 0 g		
Protein 6 g		
Vitamin A 4%	Vitamin C	5%
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 cans (about 15 ounces each) low-sodium black-eyed peas, drained
- 1 cup water
- ¼ teaspoon black pepper
- 1 tablespoon sugar

Directions

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 and cook until the peas are soft, about 15 minutes.
4. Serve hot.

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 canned black-eyed peas, low-sodium drained
- 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 continue cooking. Stir 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, cook until heated through, about 5 minutes.
5. Serve warm.

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