



Avocado and Black-Eyed-Pea Salsa

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



80 min.

SERVINGS



12

CALORIES



166 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 but avocados diced firm ripe
- 15 ounce black-eyed peas rinsed drained canned
- 0.5 cup cilantro leaves fresh chopped
- 0.5 teaspoon garlic minced
- 0.5 cup green onion chopped
- 1 teaspoon ground cumin
- 0.3 cup olive oil
- 0.3 cup red wine vinegar

- 1 cup roma tomatoes chopped (plum)
- 12 servings salt and pepper black to taste
- 11 ounce shoepeg corn drained canned

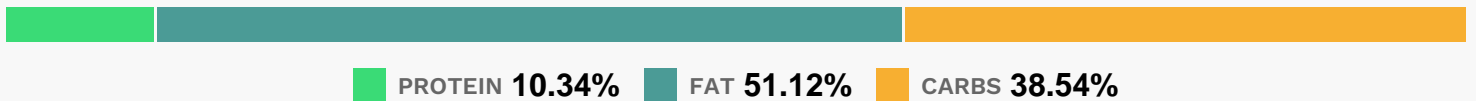
Equipment

- bowl
- whisk

Directions

- Lightly mix together avocados, green onion, cilantro, tomatoes, corn, and black-eyed peas in a salad bowl until well combined.
- Whisk together red wine vinegar, olive oil, cumin, and minced garlic in a bowl, and pour over the salad. Season to taste with salt and pepper, and lightly toss the salad again. Chill for 1 hour before serving, to blend the flavors.

Nutrition Facts



Properties

Glycemic Index:18.17, Glycemic Load:2.6, Inflammation Score:-5, Nutrition Score:9.2421739878862%

Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.91mg, Quercetin: 0.91mg, Quercetin: 0.91mg, Quercetin: 0.91mg

Nutrients (% of daily need)

Calories: 166.49kcal (8.32%), Fat: 10.07g (15.49%), Saturated Fat: 1.44g (9.03%), Carbohydrates: 17.08g (5.69%), Net Carbohydrates: 11.45g (4.16%), Sugar: 4.03g (4.47%), Cholesterol: 0mg (0%), Sodium: 201.08mg (8.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.58g (9.16%), Folate: 112.1µg (28.02%), Fiber: 5.63g (22.53%), Vitamin K: 22.71µg (21.63%), Manganese: 0.31mg (15.7%), Potassium: 393.68mg (11.25%), Vitamin E: 1.62mg (10.77%),

Vitamin C: 8.84mg (10.72%), Phosphorus: 104.62mg (10.46%), Magnesium: 40.57mg (10.14%), Copper: 0.19mg (9.62%), Vitamin B6: 0.18mg (8.81%), Vitamin B1: 0.13mg (8.58%), Iron: 1.51mg (8.36%), Vitamin B5: 0.83mg (8.31%), Vitamin B3: 1.35mg (6.73%), Vitamin A: 307.63IU (6.15%), Zinc: 0.88mg (5.84%), Vitamin B2: 0.09mg (5.04%), Calcium: 20.7mg (2.07%), Selenium: 1.29µg (1.84%)