



Black-Eyed Pea and Pumpkin Salad



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



115 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 bay leaf
- ☐ 1 cup black-eyed peas dried
- ☐ 0.3 cup cucumber peeled seeded chopped
- ☐ 2 tablespoons basil fresh chopped
- ☐ 1 small garlic clove minced
- ☐ 0.3 cup bell pepper green chopped
- ☐ 1.5 tablespoons juice of lime fresh
- ☐ 3 tablespoons olive oil extra-virgin

- ☐ 0.5 medium onion
- ☐ 1 plum tomatoes seeded chopped
- ☐ 1 cup onion red thinly sliced
- ☐ 0.5 teaspoon salt
- ☐ 3 tablespoons water

Equipment

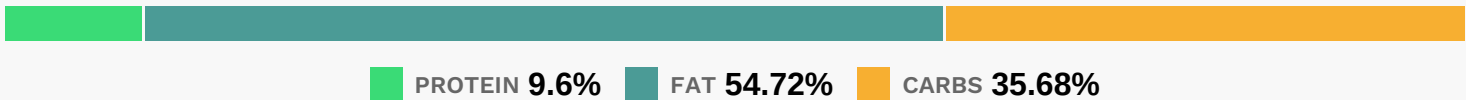
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ glass baking pan

Directions

- ☐ Place peas in large saucepan.
- ☐ Add enough water to cover by 3 inches.
- ☐ Let peas soak 2 hours.
- ☐ Drain peas; return to same pan.
- ☐ Add 4 cups water, onion, bay leaf, and salt. Bring to boil; reduce heat to medium, cover partially, and simmer until peas are tender, about 30 minutes. Discard onion and bay leaf.
- ☐ Drain.
- ☐ Transfer peas to rimmed baking sheet to cool. (Can be prepared 1 day ahead. Cover and refrigerate.)
- ☐ Preheat oven to 400°F. Arrange pumpkin in single layer in 8x8x2-inch glass baking dish.
- ☐ Drizzle with 3 tablespoons water and oil.
- ☐ Sprinkle with salt and pepper.
- ☐ Bake until tender when pierced, turning occasionally, about 15 minutes.

- ☐ Add garlic; stir to coat. Cool.
- ☐ Whisk oil and lime juice in bowl. Season dressing with salt and pepper.
- ☐ Combine all remaining ingredients and peas in large bowl.
- ☐ Add dressing; toss. Season with salt and pepper.
- ☐ Add pumpkin; toss. (Can be made 2 hours ahead.
- ☐ Let stand at room temperature.)

Nutrition Facts



Properties

Glycemic Index:43, Glycemic Load:2.6, Inflammation Score:-5, Nutrition Score:5.375217375548%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg Isorhamnetin: 1.8mg, Isorhamnetin: 1.8mg, Isorhamnetin: 1.8mg, Isorhamnetin: 1.8mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 7.5mg, Quercetin: 7.5mg, Quercetin: 7.5mg, Quercetin: 7.5mg

Nutrients (% of daily need)

Calories: 115.12kcal (5.76%), Fat: 7.24g (11.14%), Saturated Fat: 1.03g (6.43%), Carbohydrates: 10.62g (3.54%), Net Carbohydrates: 7.84g (2.85%), Sugar: 3.03g (3.37%), Cholesterol: 0mg (0%), Sodium: 197.89mg (8.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.86g (5.71%), Folate: 70.25µg (17.56%), Vitamin C: 10.76mg (13.04%), Manganese: 0.22mg (11.22%), Fiber: 2.78g (11.13%), Vitamin K: 9.32µg (8.87%), Vitamin E: 1.19mg (7.93%), Phosphorus: 61.68mg (6.17%), Vitamin B1: 0.09mg (5.71%), Copper: 0.11mg (5.57%), Magnesium: 22.15mg (5.54%), Vitamin B6: 0.11mg (5.28%), Potassium: 183.46mg (5.24%), Iron: 0.94mg (5.21%), Zinc: 0.48mg (3.21%), Vitamin A: 156.17IU (3.12%), Calcium: 20.72mg (2.07%), Vitamin B5: 0.2mg (2%), Vitamin B2: 0.03mg (1.9%), Vitamin B3: 0.29mg (1.46%), Selenium: 0.98µg (1.4%)