



Black-Eyed Pea and Rice Salad



Gluten Free



Dairy Free



Very Healthy

READY IN



35 min.

SERVINGS



10

CALORIES



231 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 4 ounces canadian bacon coarsely chopped
- ☐ 30 ounce black-eyed peas drained canned
- ☐ 0.5 cup celery chopped
- ☐ 0.5 cup onion chopped
- ☐ 0.3 teaspoon pepper
- ☐ 1.5 cups rice long-grain uncooked
- ☐ 0.3 teaspoon salt
- ☐ 10 ounce turnip greens frozen thawed

- ☐ 1 tablespoon peppers in vinegar hot minced drained
- ☐ 3 cups water

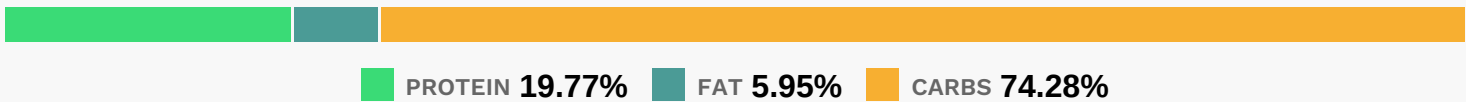
Equipment

- ☐ sauce pan

Directions

- ☐ Combine first 8 ingredients in a large saucepan. Bring to a boil; stir in rice. Cover, reduce heat, and simmer 25 minutes or until rice is tender and liquid is absorbed.
- ☐ Add minced hot peppers; toss well.
- ☐ Serve warm or chilled.

Nutrition Facts



Properties

Glycemic Index:23.82, Glycemic Load:18.57, Inflammation Score:-10, Nutrition Score:20.892608518186%

Flavonoids

Apigenin: 0.14mg, Apigenin: 0.14mg, Apigenin: 0.14mg, Apigenin: 0.14mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg Kaempferol: 3.43mg, Kaempferol: 3.43mg, Kaempferol: 3.43mg, Kaempferol: 3.43mg Quercetin: 1.85mg, Quercetin: 1.85mg, Quercetin: 1.85mg, Quercetin: 1.85mg

Nutrients (% of daily need)

Calories: 231.45kcal (11.57%), Fat: 1.53g (2.36%), Saturated Fat: 0.45g (2.79%), Carbohydrates: 43.12g (14.37%), Net Carbohydrates: 36.07g (13.12%), Sugar: 3.56g (3.95%), Cholesterol: 5.67mg (1.89%), Sodium: 184.83mg (8.04%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.47g (22.95%), Vitamin K: 74.43µg (70.89%), Vitamin A: 3335IU (66.7%), Folate: 238.26µg (59.57%), Manganese: 0.87mg (43.27%), Fiber: 7.05g (28.19%), Vitamin C: 20.25mg (24.55%), Phosphorus: 208.31mg (20.83%), Copper: 0.41mg (20.61%), Vitamin B1: 0.3mg (20.14%), Magnesium: 65.23mg (16.31%), Iron: 2.79mg (15.52%), Selenium: 9.56µg (13.66%), Vitamin B6: 0.27mg (13.52%), Potassium: 421.59mg (12.05%), Zinc: 1.64mg (10.95%), Calcium: 89.41mg (8.94%), Vitamin B3: 1.79mg (8.93%), Vitamin B5: 0.82mg (8.24%), Vitamin E: 1.13mg (7.53%), Vitamin B2: 0.11mg (6.74%), Vitamin D: 0.32µg (2.12%), Vitamin B12: 0.08µg (1.27%)