



## Black-Eyed Pea-and-Seafood Salad

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



376 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 3 slices bacon
- 2 cups black-eyed peas fresh cooked
- 0.8 cup celery finely chopped
- 0.3 teaspoon mustard dry
- 2 garlic cloves crushed
- 0.3 cup bell pepper green chopped
- 0.3 cup green onions finely chopped
- 0.3 teaspoon ground pepper red

- 0.5 cup juice of lime fresh
- 0.5 cup orange juice
- 2 tablespoons pickled pepperoncini peppers chopped
- 8 cups romaine lettuce thinly sliced
- 0.5 pound sea scallops
- 1.5 teaspoons spicy seasoning
- 1 pound shrimp deveined peeled
- 0.5 cup tomatoes chopped
- 1 teaspoon vegetable oil
- 0.3 cup bell pepper yellow chopped

## Equipment

- bowl
- frying pan

## Directions

- Cook bacon in a large nonstick skillet over medium-high heat until crisp.
- Remove bacon from skillet; crumble and set aside.
- Add celery, bell peppers, and onions to bacon fat in skillet, and saut 1 minute; set aside.
- Combine orange juice, lime juice, mustard, red pepper, and garlic in a large bowl; stir well.
- Add celery mixture, peas, tomato, and pickled peppers; toss well. Cover and chill.
- Sprinkle Spicy Seasoning over the shrimp and scallops.
- Heat oil in skillet over high heat.
- Add seafood, and saut 3 minutes. Spoon seafood into a bowl; cover and chill.
- Place 2 cups greens in each of 4 salad bowls, and top with 1 cup pea mixture. Arrange one-fourth of seafood over each salad, and sprinkle each with 1 1/2 teaspoons bacon.

## Nutrition Facts



■ PROTEIN 42.24% ■ FAT 22.43% ■ CARBS 35.33%

## Properties

Glycemic Index:68, Glycemic Load:7.28, Inflammation Score:-10, Nutrition Score:36.022174024064%

## Flavonoids

Eriodictyol: 0.72mg, Eriodictyol: 0.72mg, Eriodictyol: 0.72mg, Eriodictyol: 0.72mg Hesperetin: 6.42mg, Hesperetin: 6.42mg, Hesperetin: 6.42mg, Hesperetin: 6.42mg Naringenin: 0.9mg, Naringenin: 0.9mg, Naringenin: 0.9mg, Naringenin: 0.9mg Apigenin: 0.54mg, Apigenin: 0.54mg, Apigenin: 0.54mg, Apigenin: 0.54mg Luteolin: 0.96mg, Luteolin: 0.96mg, Luteolin: 0.96mg, Luteolin: 0.96mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 3.8mg, Quercetin: 3.8mg, Quercetin: 3.8mg, Quercetin: 3.8mg

## Nutrients (% of daily need)

Calories: 376.18kcal (18.81%), Fat: 9.67g (14.88%), Saturated Fat: 2.78g (17.4%), Carbohydrates: 34.26g (11.42%), Net Carbohydrates: 24.33g (8.85%), Sugar: 8.56g (9.52%), Cholesterol: 207.07mg (69.02%), Sodium: 498.08mg (21.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 40.97g (81.94%), Vitamin A: 8788.03IU (175.76%), Vitamin K: 137.61µg (131.06%), Folate: 354.44µg (88.61%), Vitamin C: 72.88mg (88.34%), Phosphorus: 654.03mg (65.4%), Copper: 0.83mg (41.56%), Manganese: 0.83mg (41.34%), Fiber: 9.93g (39.72%), Potassium: 1233.03mg (35.23%), Magnesium: 134.52mg (33.63%), Iron: 5.1mg (28.36%), Zinc: 3.82mg (25.45%), Vitamin B1: 0.37mg (2.4%), Vitamin B6: 0.42mg (20.76%), Selenium: 13.91µg (19.88%), Calcium: 187.94mg (18.79%), Vitamin B12: 0.88µg (14.7%), Vitamin B3: 2.54mg (12.69%), Vitamin B2: 0.19mg (11.2%), Vitamin B5: 0.95mg (9.46%), Vitamin E: 1.28mg (8.55%)