



Black-Eyed Pea and Spinach Salad

 Vegetarian  Gluten Free

READY IN



305 min.

SERVINGS



6

CALORIES



156 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.3 cup apple cider vinegar
- 4 cups baby spinach thick sliced into ribbons ()
- 0.5 pound black-eyed peas dried
- 0.8 cup lowfat buttermilk
- 0.8 cup celery thinly sliced (2 stalks)
- 4 cups chicken broth dried low-sodium (if using peas)
- 2 tablespoons chives fresh chopped
- 0.1 teaspoon ground pepper fresh

- 0.1 teaspoon hot sauce (recommended: Tabasco)
- 3 tablespoons mayonnaise
- 1 cup onion diced red
- 0.5 teaspoon salt plus more
- 1.5 teaspoons spicy brown mustard

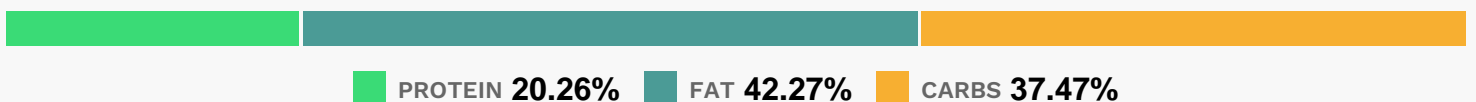
Equipment

- bowl
- sauce pan
- whisk

Directions

- In a large bowl, cover peas with 4 inches of water and soak a minimum of 6 hours, or overnight.
- Drain and rinse thoroughly.
- Place peas in a 4-quart saucepan with chicken broth or water and bring to a boil. Reduce heat and simmer peas between 45 to 55 minutes, or until peas are cooked but not mushy.
- Drain excess liquid and let peas cool to room temperature.
- Combine buttermilk, mayonnaise, mustard, vinegar, hot sauce salt and pepper in a bowl, and whisk to incorporate.
- In a salad bowl, combine beans, red onion, celery and chives.
- Pour dressing over bean mixture and gently stir to incorporate, being careful not to break up too many of the beans.
- Add spinach and toss to coat. Season with additional salt, pepper and hot sauce, to taste.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:60.33, Glycemic Load:3.44, Inflammation Score:-9, Nutrition Score:15.628695560538%

Flavonoids

Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg Isorhamnetin: 1.4mg, Isorhamnetin: 1.4mg, Isorhamnetin: 1.4mg, Isorhamnetin: 1.4mg Kaempferol: 1.58mg, Kaempferol: 1.58mg, Kaempferol: 1.58mg, Kaempferol: 1.58mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 6.3mg, Quercetin: 6.3mg, Quercetin: 6.3mg, Quercetin: 6.3mg

Nutrients (% of daily need)

Calories: 155.52kcal (7.78%), Fat: 7.55g (11.62%), Saturated Fat: 1.76g (10.98%), Carbohydrates: 15.06g (5.02%), Net Carbohydrates: 11.42g (4.15%), Sugar: 4.42g (4.91%), Cholesterol: 6.24mg (2.08%), Sodium: 361.91mg (15.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.14g (16.28%), Vitamin K: 114.77µg (109.3%), Vitamin A: 2037.12IU (40.74%), Folate: 130.03µg (32.51%), Manganese: 0.45mg (22.38%), Phosphorus: 156.5mg (15.65%), Fiber: 3.64g (14.57%), Potassium: 478.47mg (13.67%), Vitamin B3: 2.6mg (13%), Copper: 0.24mg (11.76%), Magnesium: 46.13mg (11.53%), Iron: 1.99mg (11.04%), Vitamin C: 8.78mg (10.65%), Vitamin B2: 0.18mg (10.31%), Calcium: 84.12mg (8.41%), Vitamin B1: 0.12mg (8.33%), Vitamin B6: 0.15mg (7.39%), Zinc: 0.96mg (6.37%), Vitamin E: 0.81mg (5.39%), Vitamin B12: 0.3µg (5.06%), Selenium: 3.05µg (4.35%), Vitamin B5: 0.37mg (3.66%), Vitamin D: 0.4µg (2.69%)