



Black-eyed Pea-and-Sweet Potato Salad



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



330 kcal

SIDE DISH

Ingredients

- ☐ 47.4 ounce black-eyed peas rinsed drained canned
- ☐ 1 teaspoon basil dried
- ☐ 1 teaspoon thyme leaves dried
- ☐ 2 garlic cloves minced
- ☐ 0.5 teaspoon ground coriander
- ☐ 0.5 teaspoon ground cumin
- ☐ 0.3 cup juice of lime
- ☐ 0.5 cup mango chutney

- ☐ 0.5 cup parsley fresh italian chopped
- ☐ 1 teaspoon pepper
- ☐ 1 purple onion thinly sliced quartered
- ☐ 1 teaspoon salt
- ☐ 2 medium size sweet potatoes cubed peeled
- ☐ 1 tablespoon vegetable oil

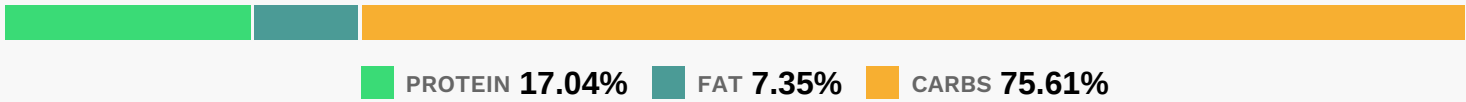
Equipment

- ☐ bowl
- ☐ sauce pan

Directions

- ☐ Bring potato and water to cover to a boil in a large saucepan over medium heat. Cook 15 minutes or until potato is tender.
- ☐ Drain and set potato aside.
- ☐ Saut onion in hot oil in saucepan over medium heat 4 minutes or until tender.
- ☐ Add garlic and next 4 ingredients. Cook, stirring constantly, 1 to 2 minutes.
- ☐ Stir together lime juice and chutney in a large bowl; add potato, onion mixture, peas, and remaining ingredients, tossing gently to coat. Cover and chill at least 1 hour.

Nutrition Facts



Properties

Glycemic Index:35, Glycemic Load:23.78, Inflammation Score:-10, Nutrition Score:27.427825844806%

Flavonoids

Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg Hesperetin: 0.9mg, Hesperetin: 0.9mg, Hesperetin: 0.9mg, Hesperetin: 0.9mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 8.09mg, Apigenin: 8.09mg, Apigenin: 8.09mg, Apigenin: 8.09mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg

Myricetin: 0.59mg, Myricetin: 0.59mg, Myricetin: 0.59mg, Myricetin: 0.59mg Quercetin: 2.87mg, Quercetin: 2.87mg, Quercetin: 2.87mg, Quercetin: 2.87mg

Nutrients (% of daily need)

Calories: 330.13kcal (16.51%), Fat: 2.76g (4.25%), Saturated Fat: 0.53g (3.3%), Carbohydrates: 63.92g (21.31%), Net Carbohydrates: 50.44g (18.34%), Sugar: 19.01g (21.12%), Cholesterol: 0mg (0%), Sodium: 338.73mg (14.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.41g (28.81%), Vitamin A: 8370.77IU (167.42%), Folate: 368.06µg (92.02%), Vitamin K: 73.33µg (69.84%), Fiber: 13.48g (53.93%), Manganese: 1.05mg (52.57%), Phosphorus: 303.47mg (30.35%), Iron: 5.35mg (29.7%), Copper: 0.58mg (29.11%), Magnesium: 110.71mg (27.68%), Vitamin B1: 0.4mg (26.83%), Potassium: 740.89mg (21.17%), Zinc: 2.46mg (16.41%), Vitamin B6: 0.33mg (16.35%), Vitamin C: 13.26mg (16.07%), Vitamin B5: 1.2mg (12%), Vitamin B2: 0.16mg (9.17%), Calcium: 81.12mg (8.11%), Selenium: 5.21µg (7.45%), Vitamin B3: 1.26mg (6.31%), Vitamin E: 0.86mg (5.77%)