



Black-Eyed Pea and Tomato Salsa



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



8

CALORIES



73 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.1 teaspoon pepper black freshly ground
- ☐ 15.8 ounce black-eyed peas rinsed drained canned
- ☐ 2 tablespoons cilantro leaves fresh chopped
- ☐ 0.3 teaspoon garlic fresh minced
- ☐ 0.1 teaspoon ground cumin
- ☐ 2.5 tablespoons juice of lime fresh
- ☐ 0.3 cup prechopped onion red
- ☐ 3 tablespoons poblano chile chopped

- ☐ 0.1 teaspoon salt
- ☐ 1 cup tomatoes chopped

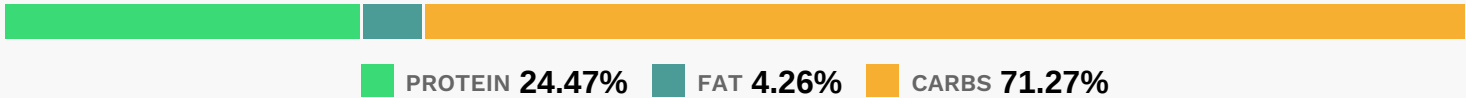
Equipment

- ☐ bowl

Directions

- ☐ Place all ingredients in a large bowl, and toss to combine.

Nutrition Facts



Properties

Glycemic Index:26.88, Glycemic Load:3.59, Inflammation Score:-5, Nutrition Score:6.4765217667041%

Flavonoids

Eriodictyol: 0.1mg, Eriodictyol: 0.1mg, Eriodictyol: 0.1mg, Eriodictyol: 0.1mg Hesperetin: 0.42mg, Hesperetin: 0.42mg, Hesperetin: 0.42mg, Hesperetin: 0.42mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.28mg, Quercetin: 1.28mg, Quercetin: 1.28mg, Quercetin: 1.28mg

Nutrients (% of daily need)

Calories: 72.53kcal (3.63%), Fat: 0.36g (0.55%), Saturated Fat: 0.09g (0.55%), Carbohydrates: 13.44g (4.48%), Net Carbohydrates: 9.4g (3.42%), Sugar: 2.72g (3.02%), Cholesterol: 0mg (0%), Sodium: 40.03mg (1.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.61g (9.23%), Folate: 121.09µg (30.27%), Fiber: 4.04g (16.17%), Manganese: 0.31mg (15.29%), Phosphorus: 95.02mg (9.5%), Vitamin C: 7.41mg (8.99%), Vitamin B1: 0.13mg (8.4%), Copper: 0.17mg (8.39%), Iron: 1.51mg (8.39%), Magnesium: 33.17mg (8.29%), Potassium: 220.56mg (6.3%), Zinc: 0.77mg (5.16%), Vitamin B6: 0.09mg (4.4%), Vitamin A: 186.22IU (3.72%), Vitamin K: 3.09µg (2.95%), Vitamin B5: 0.26mg (2.64%), Vitamin B2: 0.04mg (2.22%), Vitamin B3: 0.42mg (2.1%), Selenium: 1.45µg (2.07%), Vitamin E: 0.29mg (1.9%), Calcium: 18.14mg (1.81%)