



Black-Eyed Pea-Basmati Salad



Vegetarian



Gluten Free



Dairy Free

READY IN



90 min.

SERVINGS



6

CALORIES



168 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 4 tablespoons apple cider vinegar
- ☐ 0.5 cup rice
- ☐ 0.5 cup black-eyed peas dried rinsed
- ☐ 2 tablespoons dijon mustard coarse-grain
- ☐ 1 tablespoon cilantro leaves fresh chopped
- ☐ 1 teaspoon garlic minced
- ☐ 1 tablespoon honey
- ☐ 6 servings kosher salt

- ☐ 6 servings kosher salt and pepper freshly ground
- ☐ 3 tablespoons olive oil extra-virgin
- ☐ 0.3 cup olives spanish halved
- ☐ 0.5 cup bell pepper red finely chopped
- ☐ 0.3 cup onion red thinly sliced

Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ whisk

Directions

- ☐ Watch how to make this recipe.
- ☐ Put the peas in a saucepan with 3 cups water and 1/2 teaspoon salt. Bring to a boil and cook 4 minutes.
- ☐ Remove from the heat, cover and let sit 1 hour.
- ☐ Drain, then return to the saucepan with 1 cup fresh water. Bring to a simmer and cook, partially covered, until just al dente, about 10 minutes.
- ☐ Let cool in the liquid.
- ☐ Meanwhile, put the rice in another saucepan with 1 1/2 cups water and the garlic. Bring to a simmer, cover and cook 16 minutes.
- ☐ Remove from the heat and let cool, then fluff with a fork.
- ☐ Whisk the mustard, vinegar, olive oil, honey, cilantro, 1/2 teaspoon salt and 1 teaspoon pepper in a nonreactive bowl. Adjust the seasoning if necessary.
- ☐ Drain the peas and toss with the rice in a large bowl.
- ☐ Add the onion, bell pepper and olives, then add the dressing and toss. Refrigerate until ready to serve.
- ☐ Photograph by Andrew Mccaul

Nutrition Facts



 PROTEIN **6.47%**  FAT **45.4%**  CARBS **48.13%**

Properties

Glycemic Index:57.91, Glycemic Load:10.15, Inflammation Score:-5, Nutrition Score:5.5460869540339%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.43mg, Quercetin: 1.43mg, Quercetin: 1.43mg, Quercetin: 1.43mg

Nutrients (% of daily need)

Calories: 168.1kcal (8.4%), Fat: 8.54g (13.14%), Saturated Fat: 1.19g (7.43%), Carbohydrates: 20.37g (6.79%), Net Carbohydrates: 18.38g (6.68%), Sugar: 4.33g (4.81%), Cholesterol: 0mg (0%), Sodium: 562.58mg (24.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.74g (5.47%), Vitamin C: 16.66mg (20.19%), Manganese: 0.32mg (15.83%), Vitamin E: 1.57mg (10.45%), Folate: 38.73µg (9.68%), Vitamin A: 428.62IU (8.57%), Fiber: 1.99g (7.95%), Selenium: 4.61µg (6.59%), Phosphorus: 52.69mg (5.27%), Vitamin K: 5.5µg (5.24%), Vitamin B6: 0.1mg (4.83%), Copper: 0.09mg (4.69%), Magnesium: 17.55mg (4.39%), Iron: 0.75mg (4.19%), Vitamin B1: 0.06mg (4.11%), Potassium: 115.78mg (3.31%), Zinc: 0.45mg (2.99%), Vitamin B5: 0.29mg (2.85%), Vitamin B3: 0.5mg (2.51%), Vitamin B2: 0.03mg (1.98%), Calcium: 19.38mg (1.94%)