



## Black-Eyed Pea Salad

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



15 min.

SERVINGS



12

CALORIES



153 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 4 cups black-eyed peas cooked drained
- 1.5 cups olive oil extra virgin
- 0.5 cup flat parsley chopped
- 2 tablespoons garlic chopped
- 12 servings salt and ground pepper fresh to taste
- 2 juice of lime juiced
- 1 cup kalamata olives pitted chopped
- 1 lime zest

- 2 tablespoons oregano fresh chopped
- 1.5 cups pepper red
- 1 tablespoon sugar
- 1 cup onion white

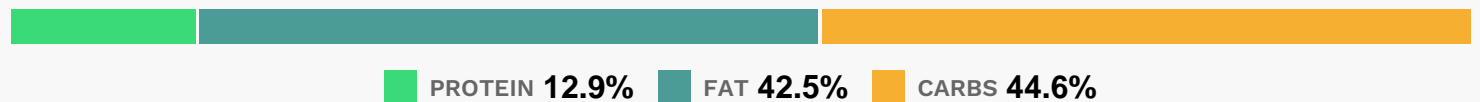
## Equipment

- bowl

## Directions

- Combine the first 6 ingredients in a large bowl.
- Mix dressing in a separate bowl and pour over salad. Adjust with salt and pepper, to taste.
- Salad is best when made a day ahead.

## Nutrition Facts



## Properties

Glycemic Index:22.42, Glycemic Load:4.86, Inflammation Score:-9, Nutrition Score:12.314782681672%

## Flavonoids

Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 2.85mg, Hesperetin: 2.85mg, Hesperetin: 2.85mg, Hesperetin: 2.85mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 5.41mg, Apigenin: 5.41mg, Apigenin: 5.41mg, Apigenin: 5.41mg Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.4mg, Myricetin: 0.4mg, Myricetin: 0.4mg, Myricetin: 0.4mg Quercetin: 2.83mg, Quercetin: 2.83mg, Quercetin: 2.83mg, Quercetin: 2.83mg

## Nutrients (% of daily need)

Calories: 152.6kcal (7.63%), Fat: 7.57g (11.65%), Saturated Fat: 1.09g (6.8%), Carbohydrates: 17.88g (5.96%), Net Carbohydrates: 12.52g (4.55%), Sugar: 4.55g (5.05%), Cholesterol: 0mg (0%), Sodium: 375.03mg (16.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.17g (10.35%), Vitamin K: 51.62µg (49.16%), Vitamin C: 31.94mg (38.72%), Folate: 137.45µg (34.36%), Fiber: 5.36g (21.43%), Manganese: 0.38mg (19.01%), Vitamin A: 866.41IU (17.33%), Vitamin E: 1.86mg (12.39%), Iron: 2.16mg (11.98%), Phosphorus: 105.03mg (10.5%), Magnesium: 39.77mg (9.94%), Copper: 0.19mg (9.69%), Vitamin B1: 0.14mg (9.57%), Vitamin B6: 0.16mg (8.14%), Potassium: 264.23mg (7.55%),

Zinc: 0.89mg (5.92%), Calcium: 45.88mg (4.59%), Vitamin B2: 0.06mg (3.65%), Vitamin B5: 0.36mg (3.58%),  
Vitamin B3: 0.61mg (3.04%), Selenium: 1.88µg (2.69%)