



## Black-Eyed Pea Salad

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



15 min.

SERVINGS



7

CALORIES



143 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

## Ingredients

- 0.5 teaspoon pepper black
- 15.8 ounce black-eyed peas rinsed drained canned
- 10 ounce canned tomatoes diced green drained canned (such as Rotel)
- 1 cup celery finely chopped (3 stalks)
- 1 cup cucumber seeded chopped (1 small)
- 0.5 cup cilantro leaves fresh finely chopped
- 0.5 cup onion red finely chopped ( )
- 0.8 cup roasted pepper dressing red italian with parmesan (such as kraft)

11 ounce shoepeg corn white drained canned

## Equipment

bowl

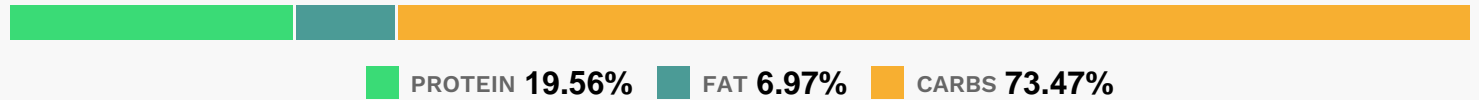
slotted spoon

## Directions

Combine all ingredients in a large bowl; cover and chill at least 1 hour.

Serve with a slotted spoon.

## Nutrition Facts



## Properties

Glycemic Index:31, Glycemic Load:4.93, Inflammation Score:-7, Nutrition Score:12.343043493188%

## Flavonoids

Apigenin: 0.41mg, Apigenin: 0.41mg, Apigenin: 0.41mg, Apigenin: 0.41mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Isorhamnetin: 0.57mg, Isorhamnetin: 0.57mg, Isorhamnetin: 0.57mg, Isorhamnetin: 0.57mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Quercetin: 2.98mg, Quercetin: 2.98mg, Quercetin: 2.98mg

## Nutrients (% of daily need)

Calories: 142.59kcal (7.13%), Fat: 1.2g (1.85%), Saturated Fat: 0.21g (1.34%), Carbohydrates: 28.53g (9.51%), Net Carbohydrates: 21.59g (7.85%), Sugar: 8.29g (9.21%), Cholesterol: 0mg (0%), Sodium: 275.64mg (11.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.59g (15.19%), Folate: 160.43µg (40.11%), Manganese: 0.56mg (28.2%), Fiber: 6.94g (27.75%), Vitamin C: 15.93mg (19.31%), Phosphorus: 168.31mg (16.83%), Copper: 0.32mg (15.9%), Magnesium: 63.03mg (15.76%), Potassium: 518.61mg (14.82%), Iron: 2.63mg (14.59%), Vitamin B1: 0.22mg (14.57%), Vitamin K: 12.83µg (12.22%), Vitamin B6: 0.24mg (12.21%), Vitamin B3: 1.72mg (8.59%), Zinc: 1.28mg (8.54%), Vitamin B5: 0.82mg (8.19%), Vitamin A: 332.16IU (6.64%), Vitamin B2: 0.1mg (6.03%), Vitamin E: 0.8mg (5.35%), Calcium: 48.63mg (4.86%), Selenium: 2.4µg (3.42%)