



HEALTH SCORE

100%

Black-Eyed Pea Salad



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



60 min.

SERVINGS



6

CALORIES



275 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 32 ounce eyed peas black drained canned
- ☐ 2 tablespoons parsley leaves fresh chopped
- ☐ 1 large clove garlic with the side of a knife blade and quartered crushed
- ☐ 1 cup olive oil extra-virgin
- ☐ 1 tablespoon olive oil as needed
- ☐ 1 bell pepper red seeds removed stemmed halved
- ☐ 0.3 cup red wine vinegar
- ☐ 2 tablespoons scallions white green sliced (from 6 scallions)

☐ 1 bell pepper yellow seeds removed stemmed halved

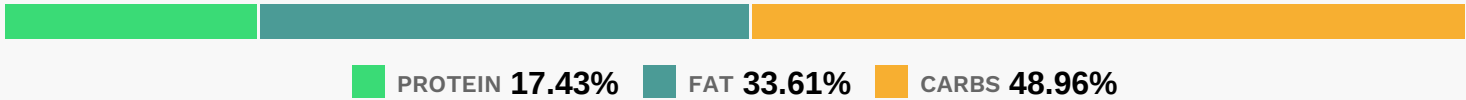
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ mixing bowl
- ☐ blender
- ☐ aluminum foil
- ☐ ziploc bags

Directions

- ☐ Preheat oven to 450 degrees F.
- ☐ Brush olive oil on the peppers, and place them cut side down on a piece of heavy duty aluminum foil (with the edges turned up to avoid drips.) Roast until charred, then remove them to a resealable plastic bag or tightly covered pan to sweat and cool down.
- ☐ Make the vinaigrette just before use. Through the feed opening of a running blender, add vinegar and garlic. With the blender still running, pour olive oil in a slow thin stream. (Alternatively, you can prepare the vinaigrette by whisking the ingredients into a bowl in the same order, in which case, the garlic should be minced first.)
- ☐ Return to the bell peppers and peel off the blackened skin. Slice the flesh of the peppers brunoise (julienne, then crosswise) and place in a mixing bowl. Fold in the drained black-eyed peas, scallions, and parsley. Stir in enough of the vinaigrette to coat.
- ☐ Serve family style.

Nutrition Facts



Properties

Glycemic Index:27.83, Glycemic Load:9.18, Inflammation Score:-9, Nutrition Score:21.353912581568%

Flavonoids

Apigenin: 2.91mg, Apigenin: 2.91mg, Apigenin: 2.91mg, Apigenin: 2.91mg Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg

Nutrients (% of daily need)

Calories: 274.56kcal (13.73%), Fat: 10.45g (16.08%), Saturated Fat: 1.54g (9.66%), Carbohydrates: 34.27g (11.42%), Net Carbohydrates: 23.74g (8.63%), Sugar: 5.89g (6.54%), Cholesterol: 0mg (0%), Sodium: 9.64mg (0.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.2g (24.39%), Folate: 332.09µg (83.02%), Vitamin C: 64.76mg (78.49%), Fiber: 10.53g (42.12%), Manganese: 0.78mg (39.17%), Vitamin K: 35.3µg (33.62%), Phosphorus: 249.13mg (24.91%), Iron: 4.21mg (23.36%), Copper: 0.44mg (21.81%), Vitamin B1: 0.32mg (21.66%), Magnesium: 86.62mg (21.65%), Vitamin A: 815.63IU (16.31%), Potassium: 524.41mg (14.98%), Vitamin E: 2.13mg (14.21%), Zinc: 2.07mg (13.77%), Vitamin B6: 0.25mg (12.54%), Vitamin B5: 0.73mg (7.27%), Vitamin B2: 0.11mg (6.38%), Vitamin B3: 1.15mg (5.75%), Selenium: 3.94µg (5.63%), Calcium: 44.93mg (4.49%)