



Black-Eyed Pea Salad



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



6

CALORIES



196 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.3 cup balsamic vinegar
- ☐ 1 bell pepper diced
- ☐ 15 ounce black-eyed peas drained and rinsed canned
- ☐ 0.5 cup green onions diced
- ☐ 0.8 cup oil
- ☐ 0.3 cup freshly parsley leaves chopped
- ☐ 1 bell pepper diced red
- ☐ 0.3 cup sugar

- ☐ 3 tablespoons freshly thyme and oregano leaves mixed chopped
- ☐ 1 large tomatoes diced

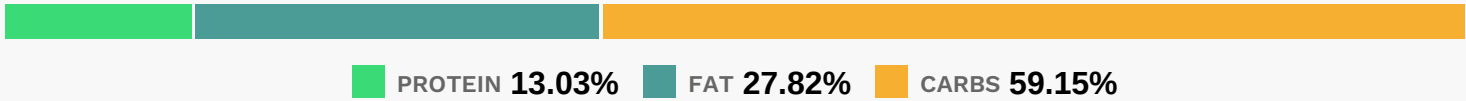
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ In a small bowl, whisk together the oil, sugar and vinegar.
- ☐ In a large bowl mix together the remaining ingredients.
- ☐ Pour dressing on top of salad and mix well.

Nutrition Facts



Properties

Glycemic Index:62.02, Glycemic Load:11.99, Inflammation Score:-10, Nutrition Score:18.199130410733%

Flavonoids

Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 5.47mg, Apigenin: 5.47mg, Apigenin: 5.47mg, Apigenin: 5.47mg Luteolin: 1.85mg, Luteolin: 1.85mg, Luteolin: 1.85mg, Luteolin: 1.85mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.41mg, Myricetin: 0.41mg, Myricetin: 0.41mg, Myricetin: 0.41mg Quercetin: 1.16mg, Quercetin: 1.16mg, Quercetin: 1.16mg, Quercetin: 1.16mg

Nutrients (% of daily need)

Calories: 196.03kcal (9.8%), Fat: 6.28g (9.66%), Saturated Fat: 0.56g (3.53%), Carbohydrates: 30.02g (10.01%), Net Carbohydrates: 23.43g (8.52%), Sugar: 14.92g (16.58%), Cholesterol: 0mg (0%), Sodium: 11.51mg (0.5%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 6.61g (13.22%), Vitamin C: 65.71mg (79.65%), Vitamin K: 67.79µg (64.56%), Folate: 180.92µg (45.23%), Vitamin A: 1965.24IU (39.3%), Fiber: 6.59g (26.37%), Manganese: 0.51mg (25.37%), Iron: 3mg (16.67%), Magnesium: 55.45mg (13.86%), Phosphorus: 138.42mg (13.84%), Vitamin E: 2.03mg (13.56%), Copper: 0.25mg (12.4%), Vitamin B1: 0.18mg (12.28%), Potassium: 422.85mg (12.08%), Vitamin B6: 0.23mg (11.5%), Zinc: 1.2mg (7.98%), Vitamin B2: 0.11mg (6.21%), Vitamin B3: 1.06mg (5.3%), Calcium: 49.4mg (4.94%), Vitamin B5: 0.47mg (4.75%), Selenium: 1.91µg (2.73%)