

Black-Eyed Pea Salad

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



15 min.

SERVINGS



8

CALORIES



136 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 pea-mond dressing rinsed drained
- 1 tablespoon brown mustard seeds
- 0.3 cup canola oil
- 0.8 cup flat parsley italian chopped
- 1 clove garlic finely minced peeled
- 0.5 bell pepper green seeded finely chopped
- 0.5 tablespoon pepper black
- 0.5 jalapeno fresh finely minced

- 0.3 cup olive oil
- 0.5 bell pepper red seeded finely chopped
- 0.3 cup red wine vinegar
- 0.5 tablespoon salt
- 0.5 onion red chopped
- 1 tablespoon coarse mustard

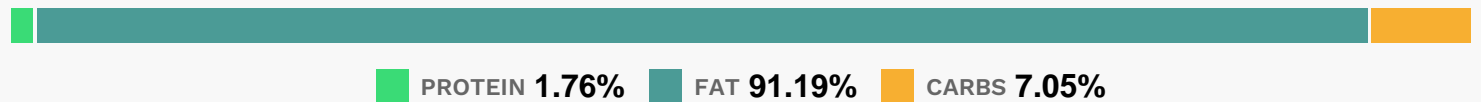
Equipment

- bowl
- whisk

Directions

- In a large salad bowl, combine the black-eyed peas, red and green peppers, onions, garlic, parsley and jalapeno. In a medium bowl, whisk together the dressing ingredients.
- Pour over the salad mixture and toss well before serving.

Nutrition Facts



Properties

Glycemic Index:33.5, Glycemic Load:0.42, Inflammation Score:-6, Nutrition Score:8.4821739130435%

Flavonoids

Apigenin: 12.13mg, Apigenin: 12.13mg, Apigenin: 12.13mg, Apigenin: 12.13mg Luteolin: 0.48mg, Luteolin: 0.48mg, Luteolin: 0.48mg, Luteolin: 0.48mg Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.84mg, Myricetin: 0.84mg, Myricetin: 0.84mg, Myricetin: 0.84mg Quercetin: 1.64mg, Quercetin: 1.64mg, Quercetin: 1.64mg, Quercetin: 1.64mg

Nutrients (% of daily need)

Calories: 135.95kcal (6.8%), Fat: 14.01g (21.55%), Saturated Fat: 1.48g (9.26%), Carbohydrates: 2.44g (0.81%), Net Carbohydrates: 1.6g (0.58%), Sugar: 0.92g (1.02%), Cholesterol: 0mg (0%), Sodium: 461.73mg (20.08%), Protein: 0.61g (1.22%), Vitamin K: 103.07µg (98.16%), Vitamin C: 24.72mg (29.96%), Vitamin E: 2.44mg (16.27%), Vitamin A: 747.32IU (14.95%), Manganese: 0.11mg (5.52%), Folate: 15.13µg (3.78%), Iron: 0.61mg (3.38%), Fiber: 0.83g (3.33%),

Vitamin B6: 0.06mg (3.17%), Potassium: 87.61mg (2.5%), Magnesium: 8.3mg (2.08%), Selenium: 1.28µg (1.84%), Calcium: 15.86mg (1.59%), Vitamin B1: 0.02mg (1.57%), Phosphorus: 15.16mg (1.52%), Copper: 0.03mg (1.42%), Vitamin B3: 0.23mg (1.16%), Vitamin B2: 0.02mg (1.14%)