



Black-Eyed Pea Salad



Vegetarian



Gluten Free



Popular

READY IN



45 min.

SERVINGS



8

CALORIES



167 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 cups black-eyed peas dry
- ☐ 8 servings salt
- ☐ 1 package feta cheese
- ☐ 1 jar sun-dried tomatoes in oil
- ☐ 1 cup olives black
- ☐ 1 green onion finely chopped
- ☐ 1 garlic clove finely chopped
- ☐ 1 large bunch pkt spinach washed chopped

☐ 8 juice of lemon

Equipment

☐ bowl

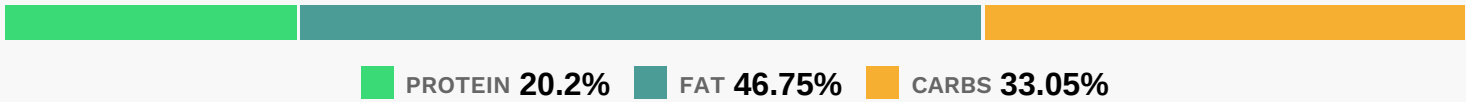
☐ pot

☐ colander

Directions

- ☐ Bring a medium pot of water to a boil.
- ☐ Add enough salt to make the water taste like the sea. Turn the heat down to low and add the black-eyed peas.
- ☐ Let them cook slowly, uncovered, until they are done, anywhere from 30 minutes to an hour, depending on how old the peas are. Don't let the water simmer.
- ☐ Add the spinach to a large bowl. Crumble the feta cheese into the bowl and add all the other ingredients except the lemon juice.
- ☐ Mix well.
- ☐ When the black-eyed peas are done, pour them into a colander and spray them with cold water to stop the cooking. Pick through and discard any loose skins or mashed peas; you'll find a few, but hopefully not many.
- ☐ Add the black-eyed peas to the salad, mix well and serve. Squirt some lemon juice over each serving before you take them to the table.

Nutrition Facts



Properties

Glycemic Index:20.25, Glycemic Load:3.06, Inflammation Score:-10, Nutrition Score:21.559130544248%

Flavonoids

Eriodictyol: 1.46mg, Eriodictyol: 1.46mg, Eriodictyol: 1.46mg, Eriodictyol: 1.46mg Hesperetin: 4.34mg, Hesperetin: 4.34mg, Hesperetin: 4.34mg, Hesperetin: 4.34mg Naringenin: 0.41mg, Naringenin: 0.41mg, Naringenin: 0.41mg, Naringenin: 0.41mg Luteolin: 0.41mg, Luteolin: 0.41mg, Luteolin: 0.41mg, Luteolin: 0.41mg Kaempferol: 2.73mg,

Kaempferol: 2.73mg, Kaempferol: 2.73mg, Kaempferol: 2.73mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 1.97mg, Quercetin: 1.97mg, Quercetin: 1.97mg, Quercetin: 1.97mg

Nutrients (% of daily need)

Calories: 166.89kcal (8.34%), Fat: 9.14g (14.07%), Saturated Fat: 4.2g (26.26%), Carbohydrates: 14.55g (4.85%), Net Carbohydrates: 10.12g (3.68%), Sugar: 2.48g (2.76%), Cholesterol: 25.14mg (8.38%), Sodium: 815.32mg (35.45%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.89g (17.77%), Vitamin K: 209.86µg (199.87%), Vitamin A: 4195.6IU (83.91%), Folate: 188.44µg (47.11%), Manganese: 0.61mg (30.34%), Vitamin C: 24.25mg (29.39%), Vitamin B2: 0.35mg (20.6%), Calcium: 204.18mg (20.42%), Phosphorus: 187.49mg (18.75%), Fiber: 4.43g (17.72%), Magnesium: 65.89mg (16.47%), Iron: 2.55mg (14.19%), Vitamin B6: 0.27mg (13.53%), Potassium: 419.83mg (12%), Vitamin B1: 0.18mg (11.74%), Vitamin E: 1.73mg (11.54%), Zinc: 1.63mg (10.85%), Copper: 0.21mg (10.38%), Selenium: 5.99µg (8.55%), Vitamin B12: 0.48µg (7.96%), Vitamin B5: 0.52mg (5.25%), Vitamin B3: 0.88mg (4.41%)