



Black-Eyed Pea Salad



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



87 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 3 cups black-eyed peas cooked
- ☐ 0.5 cup celery chopped
- ☐ 0.3 teaspoon garlic salt
- ☐ 2 tablespoons juice of lemon
- ☐ 10 servings lettuce leaves
- ☐ 0.5 cup olive oil
- ☐ 1 small onion chopped
- ☐ 1 teaspoon ground oregano

☐ 0.1 teaspoon pepper

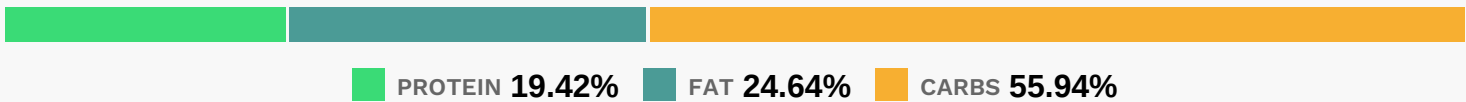
Equipment

- ☐ bowl
- ☐ mixing bowl

Directions

- ☐ Combine first 5 ingredients in a small bowl; mix well.
- ☐ Combine peas, onion, and celery in a large mixing bowl.
- ☐ Pour oil mixture over pea mixture, and toss well. Cover and refrigerate at least 3 hours. Spoon into a lettuce-lined bowl to serve.

Nutrition Facts



Properties

Glycemic Index:13.7, Glycemic Load:3.19, Inflammation Score:-9, Nutrition Score:8.1095652580261%

Flavonoids

Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 0.15mg, Apigenin: 0.15mg, Apigenin: 0.15mg, Apigenin: 0.15mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 0.35mg, Isorhamnetin: 0.35mg, Isorhamnetin: 0.35mg, Isorhamnetin: 0.35mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 1.45mg, Quercetin: 1.45mg, Quercetin: 1.45mg, Quercetin: 1.45mg

Nutrients (% of daily need)

Calories: 87.31kcal (4.37%), Fat: 2.47g (3.79%), Saturated Fat: 0.38g (2.37%), Carbohydrates: 12.6g (4.2%), Net Carbohydrates: 8.7g (3.16%), Sugar: 2.39g (2.66%), Cholesterol: 0mg (0%), Sodium: 71.37mg (3.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.37g (8.74%), Vitamin A: 1811.23IU (36.22%), Folate: 120.67µg (30.17%), Manganese: 0.34mg (17.25%), Fiber: 3.89g (15.58%), Phosphorus: 91.27mg (9.13%), Iron: 1.63mg (9.04%), Vitamin B1: 0.13mg (8.91%), Magnesium: 32.49mg (8.12%), Vitamin C: 6.37mg (7.72%), Copper: 0.14mg (7.25%), Potassium: 219.33mg (6.27%), Zinc: 0.74mg (4.93%), Vitamin K: 4.97µg (4.73%), Vitamin B6: 0.09mg (4.56%), Vitamin E: 0.58mg (3.89%), Vitamin B2: 0.06mg (3.45%), Calcium: 28.2mg (2.82%), Vitamin B5: 0.24mg (2.39%), Selenium: 1.5µg (2.15%), Vitamin B3: 0.39mg (1.94%)