



Black-Eyed Pea Salad Bowl



Vegetarian



Gluten Free

READY IN



25 min.

SERVINGS



8

CALORIES



229 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 cans blackeyed peas rinsed drained (15)
- ☐ 8 oz monterrey jack cheese cubed
- ☐ 1 medium bell pepper yellow cut into 1-inch-long julienne strips
- ☐ 1 medium tomatoes coarsely chopped
- ☐ 0.3 cup parsley fresh chopped
- ☐ 0.3 cup onion red chopped
- ☐ 0.5 cup salad dressing italian reduced-calorie
- ☐ 5 cups lettuce

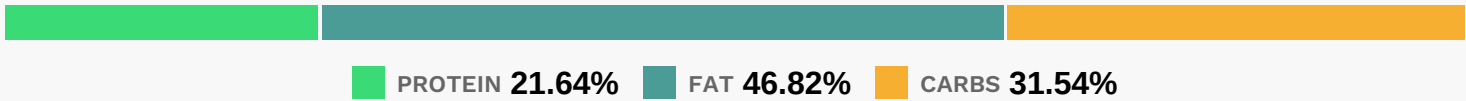
Equipment

☐ bowl

Directions

- ☐ In medium bowl, gently mix all ingredients except lettuce. Refrigerate until serving time.
- ☐ Just before serving in large bowl, place lettuce; spoon salad over lettuce. Stir just to combine.

Nutrition Facts



Properties

Glycemic Index:24.63, Glycemic Load:4.25, Inflammation Score:-8, Nutrition Score:15.723913115004%

Flavonoids

Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 5.45mg, Apigenin: 5.45mg, Apigenin: 5.45mg, Apigenin: 5.45mg Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.45mg, Myricetin: 0.45mg, Myricetin: 0.45mg, Myricetin: 0.45mg Quercetin: 1.9mg, Quercetin: 1.9mg, Quercetin: 1.9mg, Quercetin: 1.9mg

Nutrients (% of daily need)

Calories: 229.48kcal (11.47%), Fat: 12.17g (18.72%), Saturated Fat: 5.96g (37.23%), Carbohydrates: 18.44g (6.15%), Net Carbohydrates: 13.36g (4.86%), Sugar: 5.31g (5.91%), Cholesterol: 25.23mg (8.41%), Sodium: 325.61mg (14.16%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.66g (25.31%), Vitamin K: 63.08µg (60.07%), Vitamin C: 34.67mg (42.02%), Folate: 159.08µg (39.77%), Phosphorus: 244.74mg (24.47%), Calcium: 244.27mg (24.43%), Fiber: 5.09g (20.35%), Manganese: 0.41mg (20.31%), Vitamin A: 827.09IU (16.54%), Iron: 2.27mg (12.62%), Magnesium: 49.89mg (12.47%), Zinc: 1.82mg (12.14%), Vitamin B1: 0.17mg (11.08%), Copper: 0.22mg (11.06%), Potassium: 361.62mg (10.33%), Vitamin B2: 0.17mg (9.8%), Selenium: 6.08µg (8.69%), Vitamin B6: 0.16mg (7.94%), Vitamin E: 0.75mg (5.03%), Vitamin B5: 0.41mg (4.12%), Vitamin B12: 0.24µg (3.92%), Vitamin B3: 0.67mg (3.36%), Vitamin D: 0.17µg (1.13%)