



## Black-Eyed Pea Salad III

 Vegetarian  Vegan  Gluten Free

READY IN



70 min.

SERVINGS



8

CALORIES



180 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 30 ounce black-eyed peas rinsed drained canned
- 1 cup cherry tomatoes halved
- 0.5 cup salad dressing light italian-style
- 0.5 small onion red cut into slivers

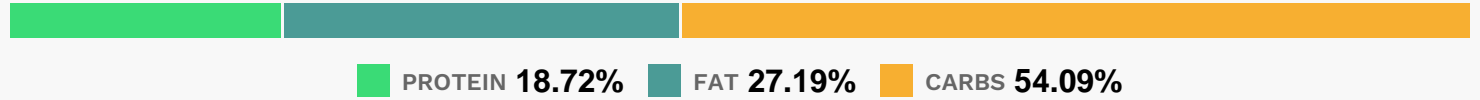
### Equipment

- bowl

## Directions

- Lightly mix the black-eyed peas, cherry tomatoes, onion, and salad dressing together in a salad bowl; let stand for 1 hour to blend the flavors before serving.

## Nutrition Facts



## Properties

Glycemic Index:8.5, Glycemic Load:6.36, Inflammation Score:-6, Nutrition Score:11.780869597974%

## Flavonoids

Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 1.53mg, Quercetin: 1.53mg, Quercetin: 1.53mg, Quercetin: 1.53mg

## Nutrients (% of daily need)

Calories: 179.52kcal (8.98%), Fat: 5.53g (8.5%), Saturated Fat: 0.9g (5.64%), Carbohydrates: 24.73g (8.24%), Net Carbohydrates: 17.56g (6.39%), Sugar: 4.89g (5.44%), Cholesterol: 5.25mg (1.75%), Sodium: 101.53mg (4.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.56g (17.12%), Folate: 224.85µg (56.21%), Fiber: 7.17g (28.69%), Manganese: 0.53mg (26.67%), Vitamin K: 25.62µg (24.4%), Phosphorus: 181.75mg (18.18%), Iron: 2.84mg (15.77%), Copper: 0.3mg (15.08%), Vitamin B1: 0.22mg (14.97%), Magnesium: 58.71mg (14.68%), Potassium: 353.98mg (10.11%), Zinc: 1.41mg (9.39%), Vitamin B6: 0.13mg (6.46%), Vitamin C: 5.23mg (6.33%), Vitamin B5: 0.47mg (4.69%), Selenium: 2.79µg (3.98%), Vitamin B2: 0.06mg (3.79%), Vitamin B3: 0.63mg (3.17%), Calcium: 30.04mg (3%), Vitamin A: 134.91IU (2.7%), Vitamin E: 0.4mg (2.69%)