



Black-Eyed Pea Salad with Bacon



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



6

CALORIES



363 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 6 slices applewood bacon smoked cooked roughly chopped
- ☐ 31 ounce black-eyed peas rinsed drained canned
- ☐ 1 teaspoon dijon mustard
- ☐ 6 servings kosher salt and pepper black freshly ground
- ☐ 0.3 cup olive oil extra-virgin
- ☐ 1 medium bell pepper red seeded chopped
- ☐ 0.5 small onion diced red
- ☐ 2 tablespoons red wine vinegar

- ☐ 2 scallions chopped for garnish
- ☐ 4 scallions sliced
- ☐ 1 tablespoon sugar

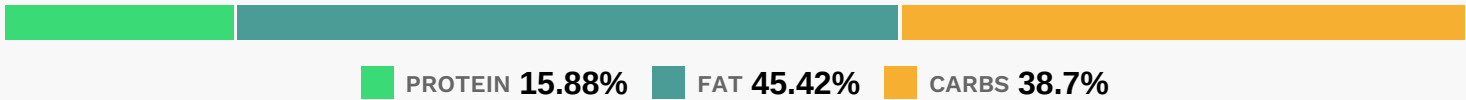
Equipment

- ☐ whisk

Directions

- ☐ Make the vinaigrette by combining the oil, vinegar, sugar and mustard.
- ☐ Whisk well and then add in the black-eyed peas. Fold in the bacon, scallions, bell peppers and onions. Season well with salt and pepper.
- ☐ Garnish with the chopped scallion. Refrigerate until ready to serve.

Nutrition Facts



Properties

Glycemic Index:49.68, Glycemic Load:10.6, Inflammation Score:-8, Nutrition Score:20.281304294648%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Quercetin: 3.19mg, Quercetin: 3.19mg, Quercetin: 3.19mg, Quercetin: 3.19mg

Nutrients (% of daily need)

Calories: 363.28kcal (18.16%), Fat: 18.64g (28.67%), Saturated Fat: 4.39g (27.45%), Carbohydrates: 35.74g (11.91%), Net Carbohydrates: 25.27g (9.19%), Sugar: 8.34g (9.27%), Cholesterol: 14.52mg (4.84%), Sodium: 164.37mg (7.15%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.66g (29.33%), Folate: 323.28µg (80.82%), Fiber: 10.47g (41.86%), Manganese: 0.77mg (38.5%), Vitamin C: 28.94mg (35.07%), Vitamin K: 33.93µg (32.32%), Phosphorus: 273.89mg (27.39%), Vitamin B1: 0.38mg (25.32%), Iron: 4.15mg (23.03%), Magnesium: 86.74mg (21.68%), Copper: 0.42mg (21.06%), Potassium: 543.76mg (15.54%), Vitamin A: 772.05IU (15.44%), Zinc: 2.27mg (15.13%), Vitamin E: 2.19mg (14.57%), Vitamin B6: 0.28mg (14.09%), Selenium: 8.52µg (12.17%), Vitamin B3: 1.88mg (9.42%), Vitamin B5: 0.81mg (8.11%), Vitamin B2: 0.13mg (7.55%), Calcium: 49.77mg (4.98%), Vitamin B12: 0.11µg (1.83%)