



 **73%**
HEALTH SCORE

Black-Eyed Pea Salad with Canadian Bacon

 **Gluten Free**  **Dairy Free**  **Very Healthy**

READY IN



20 min.

SERVINGS



4

CALORIES



199 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 15 ounce no-salt-added black-eyed peas rinsed drained canned
- 3 ounce canadian bacon
- 1 large carrots grated
- 4 servings kosher salt and pepper black freshly ground
- 1 tablespoon olive oil
- 2 tablespoons red wine vinegar
- 1 bunch scallions thinly sliced
- 1 bunch watercress separated trimmed

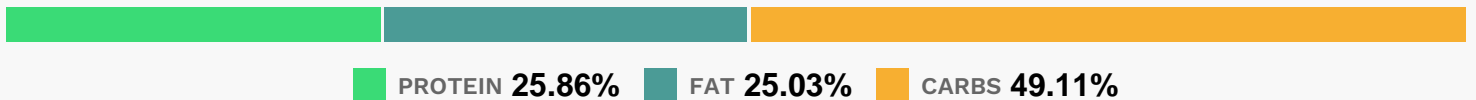
Equipment

- bowl
- frying pan
- whisk

Directions

- Spray a large nonstick skillet with canola oil spray and heat over medium-high heat.
- Add the bacon and cook until very lightly browned, about 3 minutes per side. Cool slightly and cut into thin strips.
- Whisk together the vinegar, olive oil and salt and pepper to taste in a large bowl.
- Add the carrots, peas and scallions and toss.
- Add the watercress and toss again.
- Transfer to a large platter and top with the bacon.
- Per serving: Calories: 160; Total Fat 6 grams; Saturated Fat: 1 gram; Protein: 11 grams; Total carbohydrates: 18 grams; Sugar: 2 grams Fiber: 5 grams; Cholesterol: 10 milligrams; Sodium: 480 milligrams

Nutrition Facts



Properties

Glycemic Index:45.96, Glycemic Load:6.91, Inflammation Score:-10, Nutrition Score:17.800435035125%

Flavonoids

Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 1.56mg, Kaempferol: 1.56mg, Kaempferol: 1.56mg, Kaempferol: 1.56mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.55mg, Quercetin: 2.55mg, Quercetin: 2.55mg, Quercetin: 2.55mg

Nutrients (% of daily need)

Calories: 199.31kcal (9.97%), Fat: 5.61g (8.63%), Saturated Fat: 1.11g (6.95%), Carbohydrates: 24.76g (8.25%), Net Carbohydrates: 17.13g (6.23%), Sugar: 4.51g (5.02%), Cholesterol: 10.63mg (3.54%), Sodium: 213.09mg (9.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.04g (26.08%), Vitamin A: 3282.83IU (65.66%), Folate:

229.82µg (57.45%), Vitamin K: 34.5µg (32.86%), Fiber: 7.63g (30.51%), Manganese: 0.58mg (28.83%), Vitamin B1: 0.4mg (26.36%), Phosphorus: 230.54mg (23.05%), Iron: 3.03mg (16.84%), Magnesium: 65.1mg (16.28%), Copper: 0.31mg (15.72%), Potassium: 467.76mg (13.36%), Zinc: 1.74mg (11.63%), Selenium: 8.09µg (11.55%), Vitamin B6: 0.23mg (11.3%), Vitamin B3: 2.07mg (10.37%), Vitamin E: 1.06mg (7.08%), Vitamin B2: 0.12mg (6.94%), Vitamin C: 5.34mg (6.47%), Vitamin B5: 0.62mg (6.22%), Calcium: 45.9mg (4.59%), Vitamin D: 0.6µg (3.97%), Vitamin B12: 0.14µg (2.37%)