





## Black-Eyed Pea Salad with Sour Cream Dressing

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



205 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 1 cup julienne-cut bell pepper red
- 0.3 teaspoon pepper black
- 15.8 ounce black-eyed peas rinsed drained canned
- 1 cup cucumber thinly sliced
- 0.5 teaspoon salt
- 0.5 cup cup heavy whipping cream fat-free sour
- 2 tablespoons sugar

- 1 cup vidalia sweet thinly sliced
- 0.3 cup citrus champagne vinegar

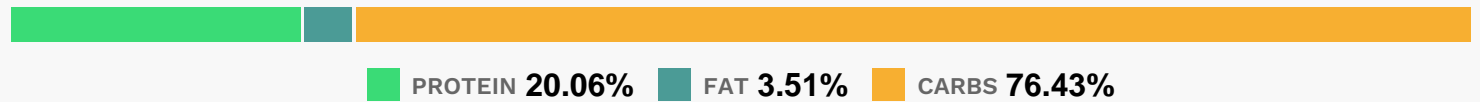
## Equipment

- bowl
- whisk

## Directions

- Combine first 5 ingredients in a medium bowl; stir with a whisk.
- Add remaining ingredients, tossing to coat. Cover and chill 3 hours.

## Nutrition Facts



## Properties

Glycemic Index:47.52, Glycemic Load:11.29, Inflammation Score:-9, Nutrition Score:17.840869447459%

## Flavonoids

Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg Myricetin: 0.46mg, Myricetin: 0.46mg, Myricetin: 0.46mg Quercetin: 5.89mg, Quercetin: 5.89mg, Quercetin: 5.89mg, Quercetin: 5.89mg

## Nutrients (% of daily need)

Calories: 204.85kcal (10.24%), Fat: 0.81g (1.25%), Saturated Fat: 0.18g (1.14%), Carbohydrates: 39.83g (13.28%), Net Carbohydrates: 31.14g (11.32%), Sugar: 13.83g (15.36%), Cholesterol: 2.59mg (0.86%), Sodium: 342.73mg (14.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.45g (20.91%), Folate: 267.09µg (66.77%), Vitamin C: 51.21mg (62.07%), Fiber: 8.69g (34.74%), Manganese: 0.65mg (32.72%), Vitamin A: 1281.43IU (25.63%), Phosphorus: 231.26mg (23.13%), Vitamin B1: 0.28mg (18.98%), Magnesium: 75.3mg (18.83%), Iron: 3.26mg (18.08%), Copper: 0.36mg (18.07%), Potassium: 529.42mg (15.13%), Vitamin B6: 0.3mg (14.77%), Zinc: 1.8mg (11.99%), Vitamin B2: 0.15mg (9.06%), Calcium: 80.06mg (8.01%), Vitamin B5: 0.7mg (6.99%), Selenium: 4.64µg (6.62%), Vitamin E: 0.92mg (6.14%), Vitamin K: 6.45µg (6.14%), Vitamin B3: 1.01mg (5.03%), Vitamin B12: 0.09µg (1.44%)