



## Black-Eyed Pea Salsa



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



644 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

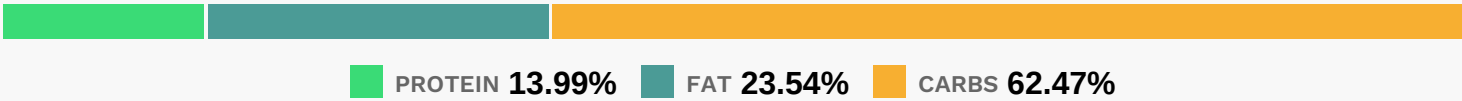
- ☐ 4 servings pepper black freshly ground
- ☐ 30 ounce black-eyed peas canned
- ☐ 10 ounce canned tomatoes diced green canned (such as Ro-Tel)
- ☐ 4 servings kosher salt
- ☐ 1 lime
- ☐ 1 bunch scallions
- ☐ 1 large bag tortilla chips

## Equipment

# Directions

- ☐ Combine the peas with tomatoes and chilies, scallions, and lime juice. Season to taste with the salt and pepper.
- ☐ Serve with tortilla chips.

## Nutrition Facts



## Properties

Glycemic Index:43.75, Glycemic Load:14.4, Inflammation Score:-9, Nutrition Score:30.503478153892%

## Flavonoids

Hesperetin: 7.2mg, Hesperetin: 7.2mg, Hesperetin: 7.2mg, Hesperetin: 7.2mg Naringenin: 0.57mg, Naringenin: 0.57mg, Naringenin: 0.57mg, Naringenin: 0.57mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 0.71mg, Quercetin: 0.71mg, Quercetin: 0.71mg, Quercetin: 0.71mg

## Nutrients (% of daily need)

Calories: 643.5kcal (32.17%), Fat: 17.47g (26.87%), Saturated Fat: 2.51g (15.71%), Carbohydrates: 104.28g (34.76%), Net Carbohydrates: 84.27g (30.64%), Sugar: 11.16g (12.41%), Cholesterol: 0mg (0%), Sodium: 552.18mg (24.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.36g (46.71%), Folate: 465.99µg (116.5%), Fiber: 20.02g (80.06%), Manganese: 1.16mg (58.19%), Phosphorus: 534.7mg (53.47%), Magnesium: 194.56mg (48.64%), Iron: 7.64mg (42.45%), Vitamin B1: 0.6mg (40%), Copper: 0.79mg (39.61%), Vitamin K: 36.3µg (34.58%), Vitamin E: 4.3mg (28.64%), Potassium: 975.27mg (27.86%), Zinc: 4.05mg (27%), Vitamin B6: 0.47mg (23.46%), Vitamin B5: 2.03mg (20.34%), Calcium: 167.95mg (16.8%), Vitamin C: 13.37mg (16.21%), Selenium: 9.27µg (13.24%), Vitamin B3: 2.64mg (13.18%), Vitamin B2: 0.22mg (12.74%), Vitamin A: 255.35IU (5.11%)