






 **45%**
HEALTH SCORE

Chile Underground's Texas Caviar

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN

180 min.

SERVINGS

8

CALORIES

225 kcal

ANTIPASTI **STARTER** **SNACK** **APPETIZER**

Ingredients

- 1 ounce balsamic vinegar
- 15 oz black beans drained canned
- 15 oz blackeyed peas drained canned
- 1 can corn canned
- 0.5 bunch cilantro leaves fresh
- 2 cloves garlic
- 1 pint grape tomatoes quartered
- 1 bell pepper green

- 1 teaspoon ground cumin
- 3 jalapeno minced
- 1 ounce olive oil light
- 1 ounce olive oil extra virgin extra-virgin
- 1 teaspoon oregano dried
- 2 oz red wine vinegar
- 0.5 teaspoon pepper black
- 1 bunch spring onion light green sliced
- 0.5 large onion yellow chopped

Equipment

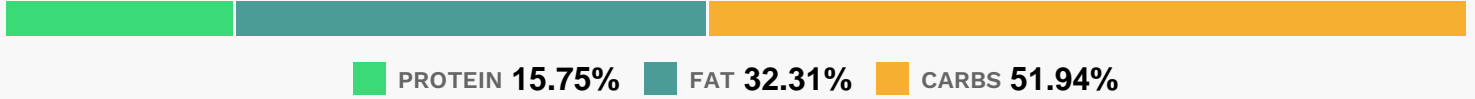
- frying pan
- whisk
- mixing bowl

Directions

- Heat the oil in a large skillet over medium-high heat
- Add onion and cook for just a minute or two with stirring
- Add bell pepper and stir for another minute
- Add minced chiles and tomatoes and stir for only a couple of minutes, to slightly soften the tomatoes
- Add the garlic and stir for 30 seconds or so
- Transfer skillet contents to a large mixing bowl
- Combine in the peas, beans and corn
- Stir in the sliced scallions; set aside
- In a small mixing bowl, combine remaining ingredients and whisk until smooth
- Pour sauce over the Caviar
- Take most of the cilantro leaves and mince them
- Add minced cilantro to the Caviar

- Refrigerate for at least 2 hours.
- Garnish with remaining cilantro leaves
- Serve with hearty corn chips (no wimpy chips allowed!)

Nutrition Facts



Properties

Glycemic Index:41.75, Glycemic Load:4.45, Inflammation Score:-8, Nutrition Score:14.477826086957%

Flavonoids

Naringenin: 0.4mg, Naringenin: 0.4mg, Naringenin: 0.4mg, Naringenin: 0.4mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.78mg, Luteolin: 0.78mg, Luteolin: 0.78mg, Luteolin: 0.78mg Isorhamnetin: 0.47mg, Isorhamnetin: 0.47mg, Isorhamnetin: 0.47mg, Isorhamnetin: 0.47mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 3.44mg, Quercetin: 3.44mg, Quercetin: 3.44mg, Quercetin: 3.44mg

Taste

Sweetness: 93.41%, Saltiness: 33.94%, Sourness: 100%, Bitterness: 25.42%, Savoriness: 23.32%, Fattiness: 81.57%, Spiciness: 100%

Nutrients (% of daily need)

Calories: 224.75kcal (11.24%), Fat: 8.25g (12.7%), Saturated Fat: 1.21g (7.56%), Carbohydrates: 29.85g (9.95%), Net Carbohydrates: 21.18g (7.7%), Sugar: 4.91g (5.45%), Cholesterol: 0mg (0%), Sodium: 267.25mg (11.62%), Protein: 9.05g (18.1%), Folate: 169.08µg (42.27%), Vitamin C: 30.19mg (36.59%), Fiber: 8.66g (34.65%), Manganese: 0.56mg (28.09%), Vitamin K: 21.5µg (20.47%), Phosphorus: 180.77mg (18.08%), Iron: 3.09mg (17.19%), Potassium: 572.96mg (16.37%), Copper: 0.32mg (15.93%), Magnesium: 63.58mg (15.9%), Vitamin B1: 0.23mg (15.28%), Vitamin A: 686.44IU (13.73%), Vitamin E: 1.82mg (12.12%), Vitamin B6: 0.21mg (10.61%), Zinc: 1.26mg (8.38%), Vitamin B2: 0.13mg (7.41%), Vitamin B3: 1.4mg (7.02%), Calcium: 54.39mg (5.44%), Vitamin B5: 0.43mg (4.25%), Selenium: 2.25µg (3.21%)