



Cornbread Salad

 Vegetarian

READY IN



20 min.

SERVINGS



6

CALORIES



682 kcal

SIDE DISH

Ingredients

- ☐ 30 ounce black-eyed peas drained and rinsed canned
- ☐ 0.3 teaspoon chili powder
- ☐ 2 cups cornbread crumbled
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 1 cup regular corn frozen thawed
- ☐ 1 bell pepper green chopped
- ☐ 0.5 juice of lime
- ☐ 6 servings kosher salt

- ☐ 0.3 cup mayonnaise
- ☐ 4 plum tomatoes chopped
- ☐ 2 scallions minced
- ☐ 1 cup mexican-blend cheese shredded
- ☐ 1 cup cup heavy whipping cream sour

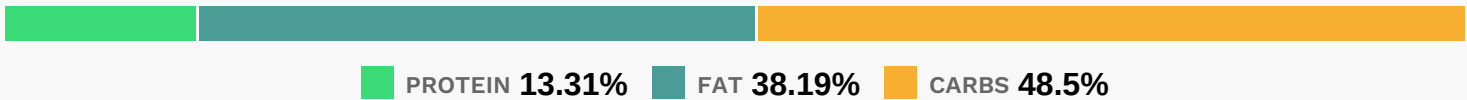
Equipment

- ☐ bowl
- ☐ whisk
- ☐ plastic wrap

Directions

- ☐ Toss the tomatoes, bell pepper, cilantro and 1/2 teaspoon salt in a medium bowl.
- ☐ Whisk the sour cream, mayonnaise, scallions, lime juice, chili powder and 1/2 teaspoon salt in a small bowl.
- ☐ Sprinkle half of the cornbread in a glass bowl or trifle dish. Top with half each of the black-eyed peas, corn and the tomato-pepper mixture, then half each of the sour cream mixture and cheese. Repeat the layers with the remaining ingredients, ending with cheese. Cover with plastic wrap and refrigerate at least 2 hours or overnight.
- ☐ Photograph by Con Poulos

Nutrition Facts



Properties

Glycemic Index:38.33, Glycemic Load:8.98, Inflammation Score:-9, Nutrition Score:28.933912769608%

Flavonoids

Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 0.29mg, Naringenin: 0.29mg, Naringenin: 0.29mg, Naringenin: 0.29mg Luteolin: 0.93mg, Luteolin: 0.93mg, Luteolin: 0.93mg, Luteolin: 0.93mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg

0.05mg, Myricetin: 0.05mg Quercetin: 1.47mg, Quercetin: 1.47mg, Quercetin: 1.47mg, Quercetin: 1.47mg

Nutrients (% of daily need)

Calories: 681.53kcal (34.08%), Fat: 29.48g (45.36%), Saturated Fat: 11.78g (73.6%), Carbohydrates: 84.26g (28.09%), Net Carbohydrates: 71.46g (25.99%), Sugar: 20.43g (22.7%), Cholesterol: 90.32mg (30.11%), Sodium: 872.57mg (37.94%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.11g (46.23%), Folate: 367.36µg (91.84%), Phosphorus: 687.04mg (68.7%), Fiber: 12.79g (51.17%), Manganese: 0.98mg (49.08%), Vitamin K: 36.75µg (35%), Vitamin B1: 0.51mg (33.91%), Calcium: 324.39mg (32.44%), Vitamin C: 26.26mg (31.83%), Iron: 5.55mg (30.83%), Magnesium: 114.18mg (28.54%), Copper: 0.51mg (25.52%), Selenium: 17.64µg (25.2%), Vitamin B2: 0.41mg (24.01%), Zinc: 3.5mg (23.35%), Potassium: 795.85mg (22.74%), Vitamin A: 1115.38IU (22.31%), Vitamin B6: 0.37mg (18.55%), Vitamin B3: 3.17mg (15.84%), Vitamin B5: 1.41mg (14.1%), Vitamin E: 1.76mg (11.76%), Vitamin B12: 0.47µg (7.88%)