



 **15%**
HEALTH SCORE

Cowboy Caviar

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



20 min.

SERVINGS



9

CALORIES



264 kcal

SIDE DISH

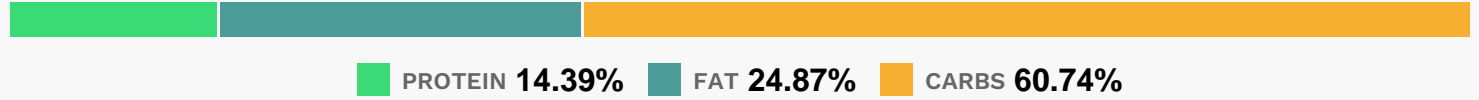
Ingredients

- 14.5 ounce blackeyed peas canned
- 14.5 ounce pinto beans canned
- 1 bell pepper green chopped
- 3 spring onion chopped
- 0.3 cup cooking oil
- 14.5 ounce peas canned
- 1 bell pepper red chopped
- 0.3 cup sugar

- 0.3 cup vinegar
- 14.5 ounce corn syrup white canned

Equipment

Nutrition Facts



Properties

Glycemic Index:36.05, Glycemic Load:12.05, Inflammation Score:-8, Nutrition Score:17.16347826087%

Flavonoids

Luteolin: 0.7mg, Luteolin: 0.7mg, Luteolin: 0.7mg, Luteolin: 0.7mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Quercetin: 0.75mg, Quercetin: 0.75mg, Quercetin: 0.75mg, Quercetin: 0.75mg

Nutrients (% of daily need)

Calories: 263.9kcal (13.19%), Fat: 7.64g (11.75%), Saturated Fat: 0.71g (4.46%), Carbohydrates: 41.99g (14%), Net Carbohydrates: 32.48g (11.81%), Sugar: 16.45g (18.28%), Cholesterol: 0mg (0%), Sodium: 129.67mg (5.64%), Protein: 9.95g (19.9%), Vitamin C: 49.91mg (60.5%), Folate: 154.75µg (38.69%), Fiber: 9.51g (38.05%), Manganese: 0.69mg (34.44%), Vitamin K: 27.59µg (26.27%), Phosphorus: 212.47mg (21.25%), Vitamin B1: 0.3mg (19.7%), Magnesium: 72.29mg (18.07%), Vitamin A: 859.96IU (17.2%), Iron: 2.91mg (16.15%), Copper: 0.32mg (15.9%), Potassium: 541.95mg (15.48%), Vitamin B6: 0.29mg (14.26%), Vitamin E: 1.86mg (12.38%), Zinc: 1.73mg (11.5%), Vitamin B3: 2.28mg (11.39%), Vitamin B2: 0.14mg (8.03%), Vitamin B5: 0.7mg (6.97%), Calcium: 50.39mg (5.04%), Selenium: 2.45µg (3.49%)