



## Cowboy Caviar



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



209 kcal

SIDE DISH

## Ingredients

- ☐ 10 oz avocado
- ☐ 15 oz blackeyed peas canned
- ☐ 11 oz corn kernels canned
- ☐ 0.7 cup cilantro leaves fresh chopped
- ☐ 1 clove garlic minced
- ☐ 0.7 cup spring onion thinly sliced
- ☐ 1.5 teaspoons hot sauce
- ☐ 0.1 teaspoon pepper

- ☐ 2 tablespoons red wine vinegar
- ☐ 0.5 pound roma tomatoes coarsely chopped
- ☐ 1.5 teaspoons salad oil
- ☐ 10 servings salt
- ☐ 6 oz tortilla chips

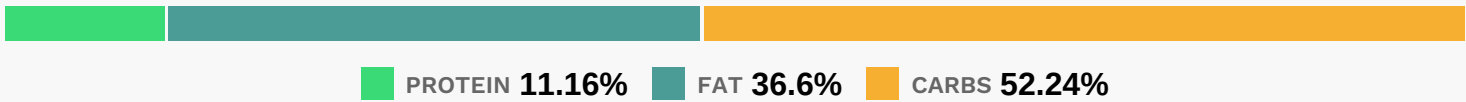
## Equipment

- ☐ bowl

## Directions

- ☐ In a large bowl, mix vinegar, hot sauce, oil, garlic, and pepper. Peel, pit, and cut avocado into 1/2-inch cubes.
- ☐ Add to vinegar mixture and mix gently to coat.
- ☐ Drain and rinse peas and corn.
- ☐ Add peas, corn, onions, cilantro, and tomatoes to avocado; mix gently to coat.
- ☐ Add salt to taste.
- ☐ Serve pea mixture with chips as an appetizer, or add cabbage and mix to make a salad.

## Nutrition Facts



## Properties

Glycemic Index:24.5, Glycemic Load:3.06, Inflammation Score:-6, Nutrition Score:10.913478229357%

## Flavonoids

Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.41mg, Quercetin: 1.41mg, Quercetin: 1.41mg, Quercetin: 1.41mg

## Nutrients (% of daily need)

Calories: 208.78kcal (10.44%), Fat: 8.96g (13.79%), Saturated Fat: 1.27g (7.94%), Carbohydrates: 28.78g (9.59%), Net Carbohydrates: 22.09g (8.03%), Sugar: 3.88g (4.31%), Cholesterol: 0mg (0%), Sodium: 336.04mg (14.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.15g (12.29%), Folate: 133.37µg (33.34%), Vitamin K: 29.62µg (28.21%), Fiber: 6.7g (26.78%), Manganese: 0.33mg (16.46%), Phosphorus: 142.92mg (14.29%), Magnesium: 53.48mg (13.37%), Potassium: 409.15mg (11.69%), Copper: 0.22mg (10.89%), Vitamin E: 1.63mg (10.84%), Vitamin C: 8.71mg (10.56%), Vitamin B1: 0.15mg (10.26%), Iron: 1.77mg (9.84%), Vitamin B6: 0.19mg (9.3%), Vitamin B5: 0.91mg (9.15%), Vitamin A: 390.81IU (7.82%), Zinc: 1.14mg (7.6%), Vitamin B3: 1.34mg (6.72%), Vitamin B2: 0.11mg (6.6%), Calcium: 41.36mg (4.14%), Selenium: 2.21µg (3.15%)