



Cowpea Chow Chow



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



14

CALORIES



50 kcal

SIDE DISH

Ingredients

- ☐ 15 ounce black-eyed peas drained canned
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 1 cup bell pepper green chopped
- ☐ 3 tablespoons juice of lime fresh
- ☐ 1 cup onion chopped
- ☐ 0.3 teaspoon pepper
- ☐ 1 cup bell pepper red chopped
- ☐ 0.5 teaspoon salt

- ☐ 2 teaspoons serrano chile seeded finely chopped
- ☐ 2 cups tomatoes seeded chopped
- ☐ 2 tablespoons vinegar white

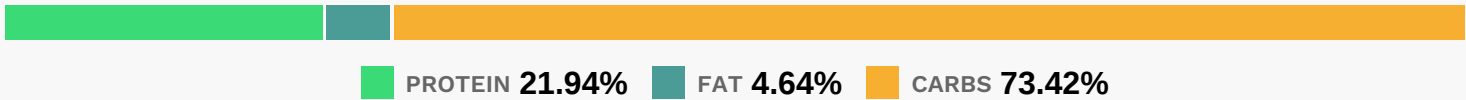
Equipment

- ☐ bowl

Directions

- ☐ Combine all ingredients in a large bowl, and stir well. Cover and chill at least 1 hour.

Nutrition Facts



Properties

Glycemic Index:18.71, Glycemic Load:2.4, Inflammation Score:-6, Nutrition Score:6.3191303170246%

Flavonoids

Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Hesperetin: 0.29mg, Hesperetin: 0.29mg, Hesperetin: 0.29mg, Hesperetin: 0.29mg Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg Luteolin: 0.58mg, Luteolin: 0.58mg, Luteolin: 0.58mg, Luteolin: 0.58mg Isorhamnetin: 0.57mg, Isorhamnetin: 0.57mg, Isorhamnetin: 0.57mg, Isorhamnetin: 0.57mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 2.92mg, Quercetin: 2.92mg, Quercetin: 2.92mg, Quercetin: 2.92mg

Nutrients (% of daily need)

Calories: 49.99kcal (2.5%), Fat: 0.27g (0.42%), Saturated Fat: 0.07g (0.41%), Carbohydrates: 9.66g (3.22%), Net Carbohydrates: 6.79g (2.47%), Sugar: 2.82g (3.13%), Cholesterol: 0mg (0%), Sodium: 86.81mg (3.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.89g (5.77%), Vitamin C: 27.23mg (33.01%), Folate: 75.07µg (18.77%), Vitamin A: 578.46IU (11.57%), Fiber: 2.87g (11.48%), Manganese: 0.22mg (10.83%), Phosphorus: 61.55mg (6.16%), Vitamin B6: 0.12mg (5.96%), Vitamin B1: 0.09mg (5.83%), Potassium: 199.31mg (5.69%), Magnesium: 22.4mg (5.6%), Copper: 0.11mg (5.49%), Iron: 0.94mg (5.23%), Vitamin K: 4.55µg (4.33%), Zinc: 0.49mg (3.29%), Vitamin E: 0.43mg (2.84%), Vitamin B3: 0.46mg (2.29%), Vitamin B2: 0.04mg (2.18%), Vitamin B5: 0.21mg (2.09%), Calcium: 14.88mg (1.49%), Selenium: 0.85µg (1.21%)