



Dixie Caviar

 Vegetarian  Gluten Free

READY IN



15 min.

SERVINGS



15

CALORIES



282 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 31.6 oz black-eyed peas rinsed drained canned
- 15 servings garnish: cilantro sprig
- 2 cups kernel corn whole frozen
- 0.3 cup cilantro leaves fresh chopped
- 1 to 2 garlic cloves minced
- 1 medium size bell pepper green finely chopped
- 4 green onions sliced
- 1 cup dressing italian

- 1 to 2 jalapeño peppers minced seeded
- 0.5 cup cup heavy whipping cream sour
- 1 small onion sweet finely chopped
- 2 medium tomatoes finely chopped
- 15 servings tortilla chips

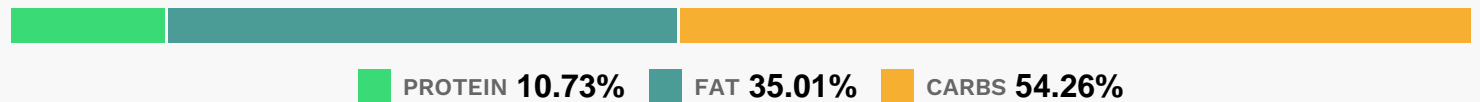
Equipment

- bowl

Directions

- Combine first 9 ingredients in a large zip-top plastic freezer bag. Seal and chill 24 hours; drain.
- Spoon mixture into a serving bowl. Stir in cilantro, and top with sour cream.
- Serve with tortilla chips.
- Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:16.47, Glycemic Load:3.76, Inflammation Score:-6, Nutrition Score:11.396956528011%

Flavonoids

Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Luteolin: 0.39mg, Luteolin: 0.39mg, Luteolin: 0.39mg, Luteolin: 0.39mg Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg Quercetin: 4.06mg, Quercetin: 4.06mg, Quercetin: 4.06mg, Quercetin: 4.06mg

Nutrients (% of daily need)

Calories: 282.3kcal (14.11%), Fat: 11.27g (17.34%), Saturated Fat: 2.16g (13.51%), Carbohydrates: 39.28g (13.09%), Net Carbohydrates: 33.24g (12.09%), Sugar: 5.99g (6.66%), Cholesterol: 4.52mg (1.51%), Sodium: 288.34mg (12.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.77g (15.54%), Folate: 144.71µg (36.18%), Vitamin K: 25.64µg (24.42%), Fiber: 6.05g (24.19%), Phosphorus: 185.93mg (18.59%), Manganese: 0.36mg (17.83%), Magnesium: 64.43mg (16.11%), Vitamin C: 12.26mg (14.87%), Vitamin B1: 0.19mg (12.66%), Iron: 2.2mg (12.24%), Copper: 0.23mg

(11.48%), Vitamin E: 1.71mg (11.4%), Potassium: 355.8mg (10.17%), Vitamin B6: 0.19mg (9.57%), Zinc: 1.33mg (8.89%),
Vitamin B5: 0.66mg (6.56%), Calcium: 64.06mg (6.41%), Vitamin A: 296.11IU (5.92%), Selenium: 3.49µg (4.98%),
Vitamin B2: 0.08mg (4.83%), Vitamin B3: 0.91mg (4.56%)