



Dixie Caviar Dogs

 Dairy Free

READY IN



45 min.

SERVINGS



7

CALORIES



381 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 15 oz no-salt-added black-eyed peas drained and rinsed canned
- 2 tablespoons cilantro leaves fresh chopped
- 0.5 cup corn kernels fresh
- 1 garlic clove pressed
- 2 tablespoons green onions chopped
- 7 servings hot dog buns
- 7 hot dogs
- 2 tablespoons pickled jalapeño pepper chopped

0.3 cup bottled olive oil-and-vinegar dressing

0.3 cup bell pepper diced red

Equipment

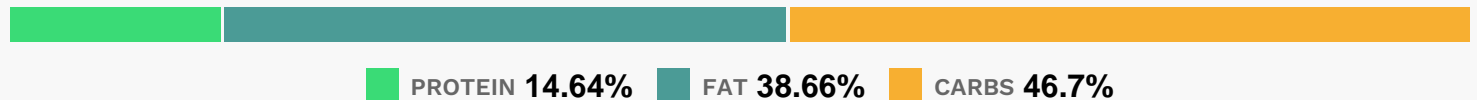
bowl

Directions

Stir together black-eyed peas, corn kernels, red bell pepper, olive oil-and-vinegar dressing, green onions, jalapeo pepper, cilantro, and garlic in a bowl. Cover and chill 2 hours. Cook hot dogs according to package directions.

Place hot dogs in buns; top with pea mixture and, if desired, light sour cream.

Nutrition Facts



Properties

Glycemic Index:41.29, Glycemic Load:18.78, Inflammation Score:-6, Nutrition Score:16.209565141927%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg

Nutrients (% of daily need)

Calories: 381.14kcal (19.06%), Fat: 16.55g (25.47%), Saturated Fat: 3.89g (24.34%), Carbohydrates: 44.99g (15%), Net Carbohydrates: 39.78g (14.47%), Sugar: 6.19g (6.88%), Cholesterol: 20.25mg (6.75%), Sodium: 522.63mg (22.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.11g (28.22%), Folate: 197.49µg (49.37%), Selenium: 25.16µg (35.94%), Vitamin B1: 0.48mg (32.27%), Manganese: 0.6mg (30.14%), Iron: 4.21mg (23.39%), Fiber: 5.21g (20.84%), Vitamin B3: 4.05mg (20.27%), Phosphorus: 195.3mg (19.53%), Vitamin B2: 0.3mg (17.7%), Vitamin C: 13.93mg (16.88%), Zinc: 2.08mg (13.88%), Magnesium: 53.42mg (13.35%), Copper: 0.26mg (12.78%), Vitamin K: 12.71µg (12.11%), Vitamin E: 1.65mg (11.02%), Potassium: 343.38mg (9.81%), Calcium: 89.84mg (8.98%), Vitamin B6: 0.16mg (7.98%), Vitamin B5: 0.59mg (5.93%), Vitamin A: 266.56IU (5.33%), Vitamin B12: 0.32µg (5.32%)