



Florida Caviar



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



5

CALORIES



351 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 5 servings cabbage shredded
- ☐ 47.4 ounce black-eyed peas rinsed drained canned
- ☐ 1.3 cups celery sliced
- ☐ 1 teaspoon sesame oil dark
- ☐ 3 tablespoons cilantro leaves fresh chopped
- ☐ 5 servings green onions sliced
- ☐ 1 teaspoon hot sauce
- ☐ 2 tablespoons catsup

- ☐ 0.3 cup red wine vinegar
- ☐ 0.3 teaspoon salt
- ☐ 1 teaspoon thai fish sauce

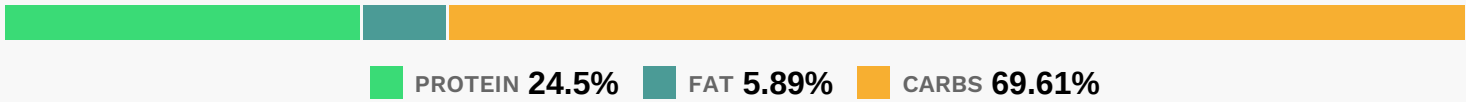
Equipment

- ☐ bowl

Directions

- ☐ Combine first 6 ingredients in a large bowl. Stir in peas and celery. Cover and chill 2 hours. Stir in cilantro. Spoon pea mixture over cabbage, and sprinkle with green onions.
- ☐ *Tiger sauce, a hot-pepper accompaniment made in New Orleans, is available in the condiment section at many supermarkets.

Nutrition Facts



Properties

Glycemic Index:36.2, Glycemic Load:16.93, Inflammation Score:-9, Nutrition Score:30.67739128451%

Flavonoids

Apigenin: 0.78mg, Apigenin: 0.78mg, Apigenin: 0.78mg, Apigenin: 0.78mg Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Quercetin: 1.11mg, Quercetin: 1.11mg, Quercetin: 1.11mg, Quercetin: 1.11mg

Nutrients (% of daily need)

Calories: 350.67kcal (17.53%), Fat: 2.36g (3.63%), Saturated Fat: 0.52g (3.26%), Carbohydrates: 62.79g (20.93%), Net Carbohydrates: 42.98g (15.63%), Sugar: 12.92g (14.36%), Cholesterol: 0mg (0%), Sodium: 331.61mg (14.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.09g (44.18%), Folate: 603.39µg (150.85%), Fiber: 19.81g (79.22%), Vitamin K: 78.64µg (74.89%), Manganese: 1.44mg (72.01%), Phosphorus: 448.54mg (44.85%), Iron: 7.31mg (40.6%), Vitamin B1: 0.6mg (39.7%), Magnesium: 158.28mg (39.57%), Copper: 0.76mg (37.76%), Vitamin C: 29.58mg (35.86%), Potassium: 975.75mg (27.88%), Zinc: 3.67mg (24.45%), Vitamin B6: 0.39mg (19.69%), Vitamin B5: 1.33mg (13.26%), Vitamin B2: 0.21mg (12.16%), Calcium: 109.35mg (10.94%), Selenium: 7.22µg (10.31%), Vitamin B3: 1.72mg (8.62%), Vitamin E: 1.06mg (7.1%), Vitamin A: 330.52IU (6.61%)