



Grilled Tomato and Black-Eyed Pea Salsa

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



55 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 cup black-eyed peas frozen
- 10 servings pepper black freshly ground to taste
- 2 tablespoons cilantro leaves fresh chopped
- 1 jalapeno diced cored seeded
- 3 tablespoons juice of lime fresh
- 2 tablespoons olive oil
- 4 plum tomatoes cut in half
- 1 large bell pepper red cored seeded chopped

10 servings sea salt to taste

Equipment

bowl

oven

broiler pan

Directions

Prepare black-eyed peas according to package directions until crisp-tender.

Place tomato halves cut side up and red bell pepper pieces on a lightly greased rack in a broiler pan. Broil 3 inches from heat (with electric oven door partially open) 6 to 7 minutes on each side or until slightly charred.

Let stand 10 minutes. Chop tomatoes, and place in a medium bowl with their juices. Dice red bell pepper, and add to tomato. Stir in black-eyed peas and remaining ingredients. Store refrigerated in an airtight container up to 3 days or until ready to serve.

Nutrition Facts



PROTEIN 12.04% **FAT 46.36%** **CARBS 41.6%**

Properties

Glycemic Index:20.7, Glycemic Load:1.49, Inflammation Score:-6, Nutrition Score:5.3013043196305%

Flavonoids

Eriodictyol: 0.1mg, Eriodictyol: 0.1mg, Eriodictyol: 0.1mg, Eriodictyol: 0.1mg Hesperetin: 0.4mg, Hesperetin: 0.4mg, Hesperetin: 0.4mg, Hesperetin: 0.4mg Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg

Nutrients (% of daily need)

Calories: 55.23kcal (2.76%), Fat: 3g (4.62%), Saturated Fat: 0.43g (2.69%), Carbohydrates: 6.06g (2.02%), Net Carbohydrates: 4.22g (1.53%), Sugar: 2.04g (2.27%), Cholesterol: 0mg (0%), Sodium: 196.62mg (8.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.75g (3.51%), Vitamin C: 27.49mg (33.32%), Vitamin A: 745.94IU (14.92%), Folate: 47.93µg (11.98%), Fiber: 1.84g (7.38%), Manganese: 0.14mg (7.21%), Vitamin E: 0.91mg (6.05%), Vitamin K: 5.44µg (5.18%), Vitamin B6: 0.09mg (4.64%), Potassium: 151.75mg (4.34%), Phosphorus: 38.24mg

(3.82%), Magnesium: 14.58mg (3.64%), Vitamin B1: 0.05mg (3.64%), Iron: 0.61mg (3.36%), Copper: 0.07mg (3.35%),
Vitamin B3: 0.42mg (2.1%), Zinc: 0.31mg (2.08%), Vitamin B2: 0.03mg (1.77%), Vitamin B5: 0.16mg (1.57%)