



Ham and Black-Eyed Pea Salad



Gluten Free



Dairy Free



Very Healthy

READY IN



40 min.

SERVINGS



6

CALORIES



447 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 32 ounce black-eyed peas frozen thawed
- ☐ 1 teaspoon pepper black freshly ground
- ☐ 1 cup carrots finely chopped
- ☐ 0.8 cup celery finely chopped
- ☐ 2 tablespoons dijon mustard
- ☐ 0.5 cup optional: dill fresh plus more for garnishing coarsely chopped
- ☐ 2 teaspoons ground cumin
- ☐ 1 pound baked ham cut into bite-size pieces (buy it unsliced from the deli counter)

- ☐ 2.5 teaspoons kosher salt
- ☐ 0.5 cup olive oil extra-virgin
- ☐ 0.5 small head cabbage red thinly sliced
- ☐ 0.3 cup red wine vinegar
- ☐ 0.5 cup shallots minced
- ☐ 1 cup bell pepper red yellow finely chopped

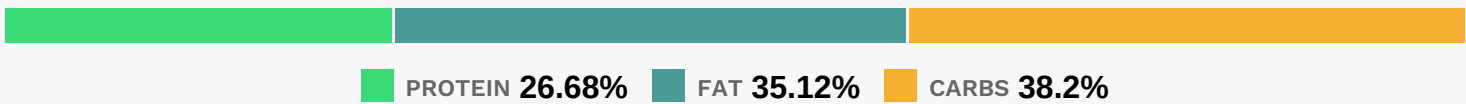
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ In a large bowl, combine the black-eyed peas, bell pepper, shallots, celery, carrots, cabbage, and ham. Set aside.In a medium bowl, whisk together the dill, mustard, vinegar, olive oil, cumin, salt, and pepper.
- ☐ Pour the vinaigrette over the black-eyed pea mixture. Toss to coat.
- ☐ Let the salad sit in the refrigerator or at room temperature for several hours so the flavors can combine. (This recipe can be made up to 2 days before serving.)

Nutrition Facts



Properties

Glycemic Index:44.31, Glycemic Load:11.27, Inflammation Score:-10, Nutrition Score:35.633913009063%

Flavonoids

Cyanidin: 99.14mg, Cyanidin: 99.14mg, Cyanidin: 99.14mg, Cyanidin: 99.14mg Delphinidin: 0.05mg, Delphinidin: 0.05mg, Delphinidin: 0.05mg, Delphinidin: 0.05mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Apigenin: 0.4mg, Apigenin: 0.4mg, Apigenin: 0.4mg, Apigenin: 0.4mg Luteolin: 0.48mg, Luteolin: 0.48mg, Luteolin: 0.48mg, Luteolin: 0.48mg Isorhamnetin: 1.7mg, Isorhamnetin: 1.7mg, Isorhamnetin: 1.7mg, Isorhamnetin: 1.7mg Kaempferol: 0.6mg, Kaempferol: 0.6mg, Kaempferol: 0.6mg, Kaempferol: 0.6mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 2.68mg, Quercetin: 2.68mg, Quercetin: 2.68mg, Quercetin: 2.68mg

Nutrients (% of daily need)

Calories: 446.94kcal (22.35%), Fat: 17.67g (27.19%), Saturated Fat: 5.29g (33.06%), Carbohydrates: 43.25g (14.42%), Net Carbohydrates: 30.32g (11.03%), Sugar: 9.62g (10.69%), Cholesterol: 46.87mg (15.62%), Sodium: 1972.24mg (85.75%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30.2g (60.4%), Vitamin C: 79.78mg (96.71%), Vitamin A: 4537.21IU (90.74%), Folate: 353.37µg (88.34%), Vitamin B1: 0.84mg (56.12%), Manganese: 1.12mg (55.79%), Fiber: 12.93g (51.7%), Phosphorus: 452.75mg (45.27%), Vitamin B6: 0.7mg (35.02%), Iron: 6.16mg (34.2%), Selenium: 23.36µg (33.37%), Magnesium: 121.11mg (30.28%), Potassium: 1027.82mg (29.37%), Vitamin K: 30.12µg (28.68%), Copper: 0.56mg (27.77%), Zinc: 4.11mg (27.37%), Vitamin B3: 4.95mg (24.76%), Vitamin B2: 0.33mg (19.43%), Vitamin B5: 1.26mg (12.6%), Calcium: 105.17mg (10.52%), Vitamin E: 1.49mg (9.95%), Vitamin B12: 0.48µg (8.06%), Vitamin D: 0.53µg (3.53%)