



Ham and Black-Eyed Pea Salad with Orange-Baked Ham



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



303 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 bay leaf
- ☐ 2 cups black-eyed peas frozen
- ☐ 0.5 cup celery diced
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 1 teaspoon garlic minced
- ☐ 3 tablespoons green onions minced
- ☐ 0.1 teaspoon ground pepper red

- ☐ 0.3 cup orange-baked ham cubed
- ☐ 2 teaspoons hot sauce
- ☐ 2 teaspoons oregano fresh chopped
- ☐ 1 Dash pepper black freshly ground
- ☐ 0.3 cup bell pepper diced sweet red
- ☐ 1 teaspoon vegetable oil
- ☐ 0.3 cup vinegar
- ☐ 2 cups water
- ☐ 2 teaspoons water

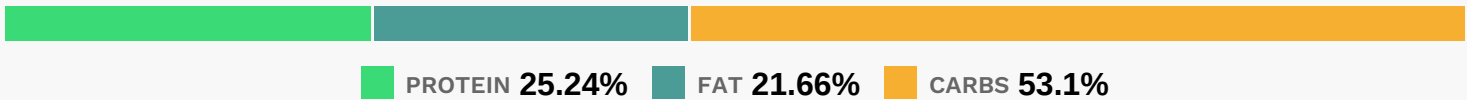
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ whisk

Directions

- ☐ Bring 2 cups water to a boil in a medium saucepan; add peas and bay leaf. Cover, reduce heat, and simmer 30 minutes.
- ☐ Drain.
- ☐ Remove and discard bay leaf.
- ☐ Combine peas, Orange-
- ☐ Baked Ham, and next 6 ingredients in a bowl.
- ☐ Combine vinegar and remaining ingredients in a small bowl. Stir with a wire whisk until blended.
- ☐ Pour over vegetable mixture; toss gently. Cover and chill at least 2 hours.

Nutrition Facts



Properties

Glycemic Index:159, Glycemic Load:10.77, Inflammation Score:-10, Nutrition Score:28.914782570756%

Flavonoids

Apigenin: 9.34mg, Apigenin: 9.34mg, Apigenin: 9.34mg, Apigenin: 9.34mg Luteolin: 0.42mg, Luteolin: 0.42mg, Luteolin: 0.42mg, Luteolin: 0.42mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.62mg, Myricetin: 0.62mg, Myricetin: 0.62mg, Myricetin: 0.62mg Quercetin: 1.14mg, Quercetin: 1.14mg, Quercetin: 1.14mg, Quercetin: 1.14mg

Nutrients (% of daily need)

Calories: 303.2kcal (15.16%), Fat: 7.36g (11.32%), Saturated Fat: 2.05g (12.79%), Carbohydrates: 40.59g (13.53%), Net Carbohydrates: 27.3g (9.93%), Sugar: 7.21g (8.01%), Cholesterol: 14.47mg (4.82%), Sodium: 427.72mg (18.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.29g (38.58%), Vitamin K: 112.34µg (106.99%), Folate: 393.21µg (98.3%), Fiber: 13.29g (53.18%), Manganese: 1.05mg (52.26%), Vitamin C: 35.95mg (43.57%), Vitamin B1: 0.52mg (34.66%), Phosphorus: 342.28mg (34.23%), Iron: 5.86mg (32.55%), Magnesium: 113.45mg (28.36%), Copper: 0.57mg (28.3%), Vitamin A: 1245.02IU (24.9%), Potassium: 737.9mg (21.08%), Zinc: 3.03mg (20.17%), Vitamin B6: 0.39mg (19.62%), Selenium: 10.25µg (14.65%), Vitamin B2: 0.2mg (12.03%), Vitamin B3: 2.38mg (11.9%), Calcium: 111.28mg (11.13%), Vitamin E: 1.6mg (10.67%), Vitamin B5: 0.99mg (9.9%), Vitamin B12: 0.15µg (2.49%), Vitamin D: 0.16µg (1.09%)