



HEALTH SCORE

62%

Hoppin' John Salad



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



7

CALORIES



396 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 2 tablespoons balsamic vinegar
- ☐ 60 ounce black-eyed peas rinsed drained canned
- ☐ 2 rib celery
- ☐ 4 bacon crumbled cooked
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 1 garlic clove minced
- ☐ 0.5 teaspoon ground cumin
- ☐ 2 jalapeño peppers diced seeded

- ☐ 0.3 cup olive oil
- ☐ 0.5 medium onion
- ☐ 7 servings garnish: parsley fresh chopped
- ☐ 1 teaspoon pepper freshly ground
- ☐ 1 bell pepper red
- ☐ 0.5 cup red wine vinegar
- ☐ 1 teaspoon salt
- ☐ 1 bell pepper yellow

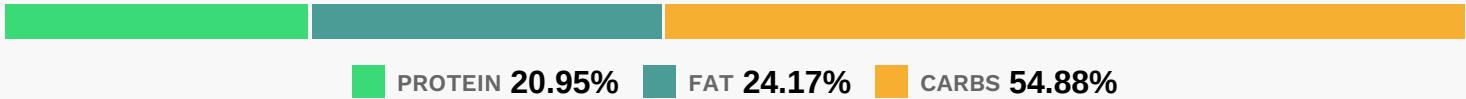
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Dice first 4 ingredients.
- ☐ Combine diced vegetables, peas, and next 6 ingredients in a large bowl.
- ☐ Combine vinegars in a small bowl, and whisk in oil in a slow, steady stream, blending well.
- ☐ Add to vegetable mixture, tossing gently to coat. Cover and chill 3 to 4 hours. Stir in bacon.
- ☐ Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:49.29, Glycemic Load:15.15, Inflammation Score:-9, Nutrition Score:32.412608713883%

Flavonoids

Apigenin: 11.1mg, Apigenin: 11.1mg, Apigenin: 11.1mg, Apigenin: 11.1mg Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg Isorhamnetin: 0.39mg, Isorhamnetin: 0.39mg, Isorhamnetin: 0.39mg, Isorhamnetin: 0.39mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.81mg, Myricetin: 0.81mg, Myricetin: 0.81mg, Myricetin: 0.81mg Quercetin: 2.04mg, Quercetin: 2.04mg, Quercetin: 2.04mg,

Quercetin: 2.04mg

Nutrients (% of daily need)

Calories: 395.83kcal (19.79%), Fat: 10.8g (16.62%), Saturated Fat: 1.98g (12.4%), Carbohydrates: 55.16g (18.39%), Net Carbohydrates: 38.34g (13.94%), Sugar: 9.97g (11.08%), Cholesterol: 4.53mg (1.51%), Sodium: 426.24mg (18.53%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.06g (42.12%), Folate: 528.24µg (132.06%), Vitamin K: 95.29µg (90.75%), Vitamin C: 66.33mg (80.4%), Fiber: 16.82g (67.28%), Manganese: 1.28mg (63.99%), Phosphorus: 415.74mg (41.57%), Iron: 6.93mg (38.47%), Vitamin B1: 0.54mg (36.14%), Magnesium: 140.63mg (35.16%), Copper: 0.7mg (34.96%), Potassium: 840.87mg (24.02%), Zinc: 3.45mg (22.97%), Vitamin A: 1085.62IU (21.71%), Vitamin B6: 0.38mg (19.16%), Vitamin E: 2.27mg (15.14%), Selenium: 8.61µg (12.29%), Vitamin B5: 1.18mg (11.82%), Vitamin B3: 2.14mg (10.71%), Vitamin B2: 0.17mg (10.27%), Calcium: 77.29mg (7.73%)