



WHATSheATE



HEALTH SCORE

59%

Hoppin' John Salad with Molasses Dressing



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



30 min.

SERVINGS



8

CALORIES



206 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.3 cup apple cider vinegar
- ☐ 1 pound pea-mond dressing frozen
- ☐ 0.3 teaspoon ground pepper
- ☐ 0.3 cup blackstrap molasses light ()
- ☐ 1.5 cups okra frozen dry thawed sliced
- ☐ 0.3 cup olive oil
- ☐ 1 cup onion red chopped
- ☐ 1.5 cups cubes red-skinned sweet potato peeled (red-skinned sweet potato)

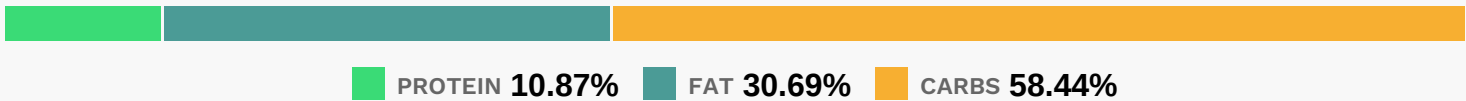
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ whisk

Directions

- ☐ Whisk first 4 ingredients in small bowl to blend; season with salt and pepper.
- ☐ Cook black-eyed peas and yam in large saucepan of boiling salted water until tender, about 8 minutes.
- ☐ Drain; cool.
- ☐ Place in large bowl.
- ☐ Add andouille, okra, and onion.
- ☐ Add enough dressing to coat and toss.
- ☐ One serving contains the following: 420.51 Calories (kcal), 51.1% Calories from Fat, 23.87 (g) Fat, 7.25 (g) Saturated Fat, 37.42 (mg) Cholesterol, 35.50 (g) Carbohydrates, 5.33 (g) Dietary Fiber, 10.70 (g) Total Sugars, 30.17 (g) Net Carbs, 17.00 (g) Protein
- ☐ Self

Nutrition Facts



Properties

Glycemic Index:27, Glycemic Load:7.48, Inflammation Score:-10, Nutrition Score:16.453478377798%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 7.99mg, Quercetin: 7.99mg, Quercetin: 7.99mg, Quercetin: 7.99mg

Nutrients (% of daily need)

Calories: 205.69kcal (10.28%), Fat: 7.18g (11.05%), Saturated Fat: 1.04g (6.5%), Carbohydrates: 30.77g (10.26%), Net Carbohydrates: 24.89g (9.05%), Sugar: 13.33g (14.81%), Cholesterol: 0mg (0%), Sodium: 22.3mg (0.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.73g (11.45%), Vitamin A: 7375.91IU (147.52%), Manganese: 0.81mg (40.51%), Folate: 135.3µg (33.83%), Fiber: 5.88g (23.52%), Magnesium: 78.82mg (19.7%), Potassium: 581.55mg (16.62%), Vitamin C: 13.42mg (16.26%), Vitamin B6: 0.3mg (15.02%), Copper: 0.29mg (14.63%), Vitamin B1: 0.21mg (13.73%), Iron: 2.39mg (13.3%), Phosphorus: 129.98mg (13%), Vitamin K: 11.89µg (11.32%), Vitamin E: 1.47mg (9.8%), Vitamin B5: 0.72mg (7.2%), Calcium: 70.1mg (7.01%), Zinc: 1.03mg (6.86%), Vitamin B3: 1.15mg (5.76%), Vitamin B2: 0.09mg (5.2%), Selenium: 3.61µg (5.16%)