



Kate's Black-Eyed Pea Salad

 **Gluten Free**  **Dairy Free**

READY IN ready 195 min.	SERVINGS servings 6	CALORIES calories 357 kcal
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- SIDE DISH
- LUNCH
- MAIN COURSE
- MAIN DISH

Ingredients

- ☐ 3 ounce bacon bits
- ☐ 2 tablespoons balsamic vinegar
- ☐ 30 ounce black-eyed peas drained canned
- ☐ 2 stalks celery chopped
- ☐ 1 medium bell pepper green chopped
- ☐ 1 bunch green onions chopped
- ☐ 0.3 cup olive oil
- ☐ 0.3 cup red wine vinegar

- ☐ 6 servings salt and pepper to taste
- ☐ 0.3 cup sugar

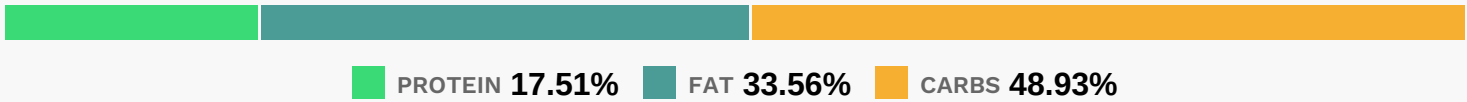
Equipment

- ☐ bowl

Directions

- ☐ In a large bowl, mix the black-eyed peas, green onions, celery, bell pepper, pimentos, and bacon bits.
- ☐ In a separate bowl, mix the sugar, red wine vinegar, olive oil, balsamic vinegar, salt, and pepper. Toss with the salad. Cover and chill at least 3 hours before serving.

Nutrition Facts



Properties

Glycemic Index:39.18, Glycemic Load:14.74, Inflammation Score:-8, Nutrition Score:18.335652133693%

Flavonoids

Apigenin: 0.39mg, Apigenin: 0.39mg, Apigenin: 0.39mg, Apigenin: 0.39mg Luteolin: 1.08mg, Luteolin: 1.08mg, Luteolin: 1.08mg, Luteolin: 1.08mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Quercetin: 0.92mg, Quercetin: 0.92mg, Quercetin: 0.92mg, Quercetin: 0.92mg

Nutrients (% of daily need)

Calories: 357.24kcal (17.86%), Fat: 13.51g (20.79%), Saturated Fat: 2.03g (12.7%), Carbohydrates: 44.33g (14.78%), Net Carbohydrates: 33.01g (12%), Sugar: 14.54g (16.16%), Cholesterol: 0mg (0%), Sodium: 464.54mg (20.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.86g (31.72%), Folate: 322.18µg (80.55%), Fiber: 11.31g (45.26%), Manganese: 0.73mg (36.5%), Phosphorus: 262.34mg (26.23%), Vitamin B1: 0.39mg (25.85%), Copper: 0.48mg (24.02%), Magnesium: 93.89mg (23.47%), Iron: 3.95mg (21.96%), Vitamin C: 18mg (21.82%), Vitamin K: 21.48µg (20.46%), Vitamin E: 2.8mg (18.68%), Potassium: 505.18mg (14.43%), Zinc: 2.16mg (14.41%), Vitamin B6: 0.21mg (10.49%), Selenium: 4.72µg (6.74%), Vitamin B5: 0.64mg (6.38%), Vitamin B2: 0.11mg (6.22%), Calcium: 60.86mg (6.09%), Vitamin B3: 1.09mg (5.44%), Vitamin A: 194.39IU (3.89%), Vitamin B12: 0.17µg (2.83%)