



Kate's Black-Eyed Pea Salad

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

READY IN

ready

195 min.

SERVINGS

servings

6

CALORIES

calories

360 kcal

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
- ☐ 2 ounce pimentos diced drained

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

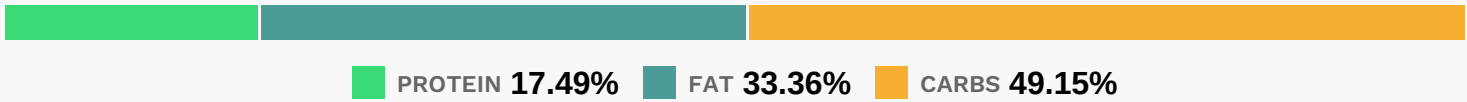
Equipment

- ☐ 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:46.68, Glycemic Load:14.9, Inflammation Score:-8, Nutrition Score:19.399999805119%

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: 359.89kcal (17.99%), Fat: 13.55g (20.84%), Saturated Fat: 2.04g (12.73%), Carbohydrates: 44.92g (14.97%), Net Carbohydrates: 33.38g (12.14%), Sugar: 14.85g (16.5%), Cholesterol: 0mg (0%), Sodium: 466.15mg (20.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.99g (31.97%), Folate: 322.84µg (80.71%), Fiber: 11.53g (46.13%), Manganese: 0.74mg (36.94%), Vitamin C: 27.83mg (33.73%), Phosphorus: 264.33mg (26.43%), Vitamin B1: 0.39mg (25.98%), Copper: 0.49mg (24.31%), Magnesium: 94.55mg (23.64%), Iron: 4.15mg (23.04%), Vitamin K: 22.45µg (21.38%), Vitamin E: 2.88mg (19.21%), Potassium: 523.42mg (14.95%), Zinc: 2.18mg (14.55%), Vitamin B6: 0.23mg (11.73%), Vitamin A: 445.29IU (8.91%), Selenium: 4.74µg (6.77%), Vitamin B2: 0.11mg (6.63%), Vitamin B5: 0.64mg (6.39%), Calcium: 61.52mg (6.15%), Vitamin B3: 1.16mg (5.79%), Vitamin B12: 0.17µg (2.83%)