



Lady Pea Salsa

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



35 min.

SERVINGS



20

CALORIES



19 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 cup cilantro leaves fresh chopped
- 2 teaspoons ginger fresh grated
- 2 jalapeño peppers minced seeded
- 3 tablespoons juice of lime fresh
- 1 cup nectarines diced unpeeled
- 2 teaspoons orange zest
- 2 cups lady peas fresh cooked
- 0.3 cup onion diced red

1 tablespoon sugar

Equipment

bowl

Directions

Stir together first 6 ingredients in a large bowl; let stand 15 minutes.

Add peas and next 2 ingredients, and gently toss to coat.

Serve immediately, or cover and chill up to 24 hours.

Try This Twist!

Watermelon Salsa: Prepare recipe as directed, substituting 2 cups seeded and diced watermelon for cooked fresh lady peas.

Nutrition Facts

 **PROTEIN 18.17%** **FAT 4.11%** **CARBS 77.72%**

Properties

Glycemic Index:13.17, Glycemic Load:1.29, Inflammation Score:-2, Nutrition Score:2.1865217219228%

Flavonoids

Cyanidin: 0.15mg, Cyanidin: 0.15mg, Cyanidin: 0.15mg, Cyanidin: 0.15mg Catechin: 0.21mg, Catechin: 0.21mg, Catechin: 0.21mg, Catechin: 0.21mg Epicatechin: 0.18mg, Epicatechin: 0.18mg, Epicatechin: 0.18mg, Epicatechin: 0.18mg Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.2mg, Hesperetin: 0.2mg, Hesperetin: 0.2mg, Hesperetin: 0.2mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.88mg, Quercetin: 0.88mg, Quercetin: 0.88mg, Quercetin: 0.88mg

Nutrients (% of daily need)

Calories: 19.32kcal (0.97%), Fat: 0.09g (0.14%), Saturated Fat: 0.01g (0.08%), Carbohydrates: 3.97g (1.32%), Net Carbohydrates: 2.91g (1.06%), Sugar: 2.2g (2.45%), Cholesterol: 0mg (0%), Sodium: 2.07mg (0.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.93g (1.86%), Vitamin C: 8.93mg (10.82%), Vitamin K: 5.26µg (5.01%), Fiber: 1.06g (4.25%), Vitamin A: 178.77IU (3.58%), Manganese: 0.07mg (3.53%), Vitamin B1: 0.04mg (2.93%), Folate: 11.29µg (2.82%), Vitamin B3: 0.42mg (2.08%), Phosphorus: 19.27mg (1.93%), Vitamin B6: 0.04mg (1.87%), Copper:

0.04mg (1.76%), Potassium: 58.09mg (1.66%), Magnesium: 6.32mg (1.58%), Vitamin B2: 0.02mg (1.42%), Iron:
0.26mg (1.42%), Zinc: 0.21mg (1.38%)