



Longhorn Caviar



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



79 kcal

SIDE DISH

Ingredients

- ☐ 15.8 ounce black-eyed peas drained canned
- ☐ 2 tablespoons chiles green canned chopped
- ☐ 1 tablespoon cilantro leaves fresh chopped
- ☐ 1 garlic clove minced
- ☐ 0.3 cup green onions thinly sliced
- ☐ 0.3 teaspoon ground cumin
- ☐ 1 tablespoon jalapeno minced seeded
- ☐ 1 teaspoon olive oil

- ☐ 0.1 teaspoon pepper
- ☐ 0.3 teaspoon salt
- ☐ 1.5 cups tomatoes seeded chopped
- ☐ 2 tablespoons citrus champagne vinegar

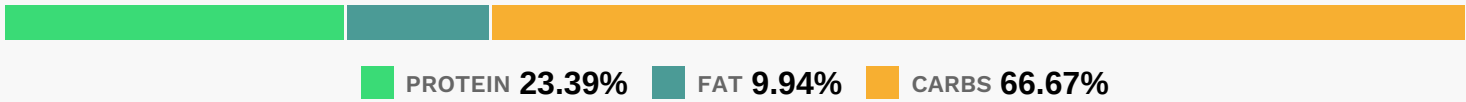
Equipment

- ☐ bowl

Directions

- ☐ Combine all ingredients in a bowl. Cover and chill.
- ☐ Garnish with jalapeo slices and cilantro sprigs, if desired.
- ☐ Serve with baked tortilla chips.

Nutrition Facts



Properties

Glycemic Index:30.25, Glycemic Load:3.68, Inflammation Score:-5, Nutrition Score:7.4165217772774%

Flavonoids

Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.74mg, Quercetin: 0.74mg, Quercetin: 0.74mg, Quercetin: 0.74mg

Nutrients (% of daily need)

Calories: 78.66kcal (3.93%), Fat: 0.89g (1.38%), Saturated Fat: 0.16g (1%), Carbohydrates: 13.49g (4.5%), Net Carbohydrates: 9.27g (3.37%), Sugar: 2.76g (3.07%), Cholesterol: 0mg (0%), Sodium: 92.43mg (4.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.74g (9.47%), Folate: 125.9µg (31.48%), Fiber: 4.22g (16.89%), Manganese: 0.32mg (16.04%), Vitamin K: 12.65µg (12.05%), Vitamin C: 8.49mg (10.3%), Phosphorus: 97.75mg (9.78%), Iron: 1.67mg (9.27%), Copper: 0.17mg (8.67%), Magnesium: 34.55mg (8.64%), Vitamin B1: 0.13mg (8.54%), Potassium: 247.03mg (7.06%), Vitamin A: 311.97IU (6.24%), Zinc: 0.8mg (5.34%), Vitamin B6: 0.1mg (4.92%), Vitamin E: 0.47mg (3.16%), Vitamin B5: 0.27mg (2.7%), Vitamin B3: 0.52mg (2.59%), Vitamin B2: 0.04mg (2.51%), Calcium: 22.51mg (2.25%), Selenium: 1.5µg (2.15%)