



**100%**  
HEALTH SCORE

## Lower Alabama Caviar

 Vegetarian

 Vegan

 Gluten Free

 Dairy Free

 Very Healthy

READY IN



**45 min.**

SERVINGS



**12**

CALORIES



**206 kcal**

SIDE DISH

### Ingredients

- 30 ounces black beans drained and rinsed
- 30 ounces black-eyed peas drained and rinsed
- 1 bunch parsley fresh minced
- 1 bell pepper diced whole green seeded
- 2 tbsp sugar raw
- 1 bell pepper diced whole red seeded
- 30 ounces rotel tomatoes drained chopped
- 0.3 cup basalmic vinegar

1 bell pepper diced whole yellow seeded

## Equipment

## Directions

Mix all ingredients together and allow to marinate for at least twelve hours. Chill before serving.

Amount Per Serving

Calories

50Fat

Carbohydrate

90gDietary Fiber11.60gSugars5.70gProtein10.20g

## Nutrition Facts



## Properties

Glycemic Index:16.25, Glycemic Load:7.54, Inflammation Score:-9, Nutrition Score:22.40782601937%

## Flavonoids

Apigenin: 10.23mg, Apigenin: 10.23mg, Apigenin: 10.23mg, Apigenin: 10.23mg Luteolin: 0.68mg, Luteolin: 0.68mg, Luteolin: 0.68mg, Luteolin: 0.68mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.73mg, Myricetin: 0.73mg, Myricetin: 0.73mg, Myricetin: 0.73mg Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg

## Nutrients (% of daily need)

Calories: 205.7kcal (10.29%), Fat: 0.96g (1.47%), Saturated Fat: 0.23g (1.44%), Carbohydrates: 38.34g (12.78%), Net Carbohydrates: 26.23g (9.54%), Sugar: 6.71g (7.45%), Cholesterol: 0mg (0%), Sodium: 14.35mg (0.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.73g (25.47%), Vitamin K: 82.38µg (78.46%), Folate: 274.04µg (68.51%), Vitamin C: 52.06mg (63.1%), Fiber: 12.1g (48.42%), Manganese: 0.75mg (37.61%), Magnesium: 100.81mg (25.2%), Vitamin B1: 0.37mg (24.39%), Iron: 4.38mg (24.33%), Phosphorus: 233.18mg (23.32%), Copper: 0.41mg (20.67%), Potassium: 668.18mg (19.09%), Vitamin A: 864.96IU (17.3%), Vitamin B6: 0.27mg (13.52%), Zinc: 1.91mg (12.76%), Vitamin B2: 0.14mg (8.12%), Vitamin B3: 1.51mg (7.54%), Calcium: 68.01mg (6.8%), Vitamin B5: 0.62mg (6.23%), Vitamin E: 0.91mg (6.06%), Selenium: 2.76µg (3.95%)