



Lucky Black-eyed Pea Salad



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



605 min.

SERVINGS



6

CALORIES



169 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 16 oz black-eyed peas frozen
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 1 jalapeno minced seeded
- ☐ 0.3 cup pepper jelly red
- ☐ 2 tablespoons olive oil
- ☐ 2 large peaches fresh diced peeled
- ☐ 0.3 teaspoon pepper freshly ground
- ☐ 1 cup bell pepper diced red

- ☐ 0.3 cup onion diced red
- ☐ 0.3 cup red wine vinegar
- ☐ 0.8 teaspoon salt
- ☐ 2 cups torn watercress

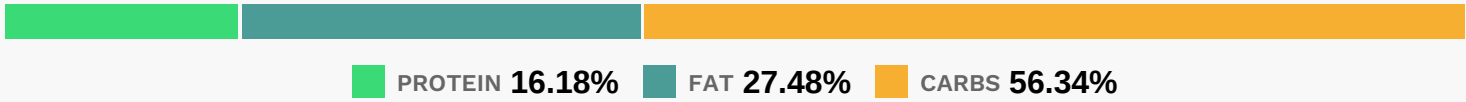
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Prepare peas according to package directions, simmering only until al dente; drain and let cool 1 hour.
- ☐ Whisk together cilantro and next 6 ingredients in a large bowl.
- ☐ Add cooked black-eyed peas, bell pepper, and onion, tossing to coat; cover and chill 8 hours. Stir peaches and watercress into pea mixture just before serving.

Nutrition Facts



Properties

Glycemic Index:50.04, Glycemic Load:7.08, Inflammation Score:-9, Nutrition Score:15.895217356475%

Flavonoids

Cyanidin: 1.12mg, Cyanidin: 1.12mg, Cyanidin: 1.12mg, Cyanidin: 1.12mg Catechin: 2.87mg, Catechin: 2.87mg, Catechin: 2.87mg, Catechin: 2.87mg Epigallocatechin: 0.61mg, Epigallocatechin: 0.61mg, Epigallocatechin: 0.61mg, Epigallocatechin: 0.61mg Epicatechin: 1.37mg, Epicatechin: 1.37mg, Epicatechin: 1.37mg, Epicatechin: 1.37mg Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg Kaempferol: 2.8mg, Kaempferol: 2.8mg, Kaempferol: 2.8mg, Kaempferol: 2.8mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 6.13mg, Quercetin: 6.13mg, Quercetin: 6.13mg, Quercetin: 6.13mg

Nutrients (% of daily need)

Calories: 169.25kcal (8.46%), Fat: 5.35g (8.24%), Saturated Fat: 0.79g (4.92%), Carbohydrates: 24.69g (8.23%), Net Carbohydrates: 17.94g (6.52%), Sugar: 9.19g (10.22%), Cholesterol: 0mg (0%), Sodium: 308.82mg (13.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.09g (14.18%), Vitamin C: 50.96mg (61.76%), Folate: 178.79µg (44.7%), Vitamin K: 38.37µg (36.54%), Vitamin A: 1605.84IU (32.12%), Fiber: 6.75g (27.01%), Manganese: 0.49mg (24.48%), Phosphorus: 150.07mg (15.01%), Copper: 0.27mg (13.52%), Vitamin E: 2.02mg (13.44%), Vitamin B1: 0.2mg (13.28%), Magnesium: 52.8mg (13.2%), Iron: 2.37mg (13.17%), Potassium: 411.56mg (11.76%), Vitamin B6: 0.22mg (10.84%), Zinc: 1.23mg (8.17%), Vitamin B2: 0.1mg (6.17%), Vitamin B3: 1.22mg (6.1%), Vitamin B5: 0.56mg (5.57%), Selenium: 3.31µg (4.73%), Calcium: 40.21mg (4.02%)