



Melissa's Black-Eyed Pea Salad

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



495 min.

SERVINGS



4

CALORIES



266 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 2 tablespoons apple cider vinegar
- 1.5 cups black-eyed peas canned rinsed drained
- 0.5 cup celery diced
- 1 clove garlic minced
- 0.8 cup bell pepper diced green
- 0.5 teaspoon ground pepper black
- 0.5 cup onion diced red
- 0.5 teaspoon salt

- 0.3 cup vegetable oil
- 0.3 cup sugar white
- 0.3 cup onion diced yellow

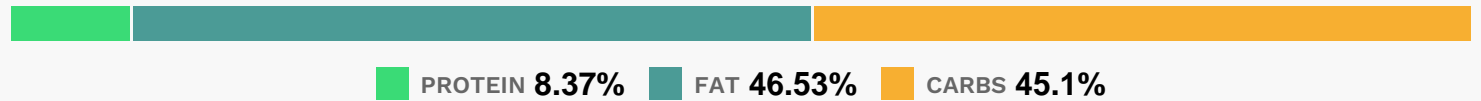
Equipment

- bowl
- whisk

Directions

- Combine black-eyed peas, green bell pepper, celery, red onion, and yellow onion in a large bowl.
- Whisk vegetable oil, sugar, cider vinegar, garlic, salt, black pepper, and hot pepper sauce together in a bowl.
- Pour vinegar mixture over vegetables; toss to coat. Cover and refrigerate overnight before serving.

Nutrition Facts



Properties

Glycemic Index:77.27, Glycemic Load:13.38, Inflammation Score:-6, Nutrition Score:10.951304311338%

Flavonoids

Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg Luteolin: 1.45mg, Luteolin: 1.45mg, Luteolin: 1.45mg, Luteolin: 1.45mg Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 6.77mg, Quercetin: 6.77mg, Quercetin: 6.77mg, Quercetin: 6.77mg

Nutrients (% of daily need)

Calories: 266.07kcal (13.3%), Fat: 14.12g (21.72%), Saturated Fat: 2.21g (13.78%), Carbohydrates: 30.79g (10.26%), Net Carbohydrates: 25.33g (9.21%), Sugar: 16.75g (18.62%), Cholesterol: 0mg (0%), Sodium: 306.08mg (13.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.72g (11.43%), Folate: 147.26µg (36.82%), Vitamin C: 25.57mg (30.99%), Vitamin K: 32.46µg (30.92%), Manganese: 0.46mg (22.83%), Fiber: 5.46g (21.83%), Phosphorus:

120.08mg (12.01%), Vitamin B1: 0.16mg (10.96%), Copper: 0.21mg (10.73%), Magnesium: 42.37mg (10.59%), Iron: 1.87mg (10.36%), Vitamin E: 1.44mg (9.61%), Vitamin B6: 0.18mg (9.12%), Potassium: 316.94mg (9.06%), Zinc: 0.95mg (6.35%), Vitamin B5: 0.37mg (3.69%), Vitamin B2: 0.06mg (3.66%), Vitamin A: 171.76IU (3.44%), Calcium: 33.52mg (3.35%), Selenium: 2.02µg (2.88%), Vitamin B3: 0.54mg (2.68%)