



Pickled Black-Eyed Peas



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



5

CALORIES



272 kcal

SIDE DISH

Ingredients

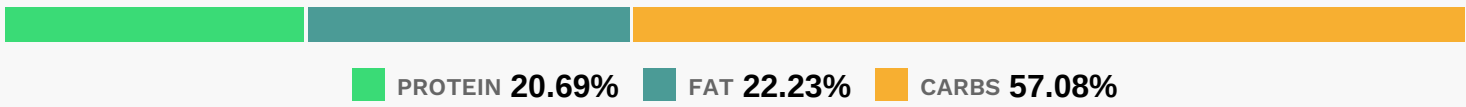
- ☐ 32 ounce black-eyed peas rinsed drained canned
- ☐ 1 garlic clove minced
- ☐ 1 small onion diced
- ☐ 0.1 teaspoon pepper
- ☐ 0.5 teaspoon salt
- ☐ 0.7 cup vegetable oil
- ☐ 0.3 cup citrus champagne vinegar

Equipment

Directions

- ☐ Stir together all ingredients; cover and chill mixture at least 2 hours.
- ☐ Serve with tortilla chips.
- ☐ Marinated Black-eyed Peas: substitute olive oil for vegetable oil and 1/2 purple onion for onion; increase pepper to 1/2 teaspoon.
- ☐ Add 1 (16-ounce) can whole kernel corn, drained; 1 jalepeo pepper, minced; and 1/2 red bell pepper, chopped.

Nutrition Facts



Properties

Glycemic Index:26, Glycemic Load:10.96, Inflammation Score:-8, Nutrition Score:17.913912879384%

Flavonoids

Isorhamnetin: 0.7mg, Isorhamnetin: 0.7mg, Isorhamnetin: 0.7mg, Isorhamnetin: 0.7mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.85mg, Quercetin: 2.85mg, Quercetin: 2.85mg, Quercetin: 2.85mg

Nutrients (% of daily need)

Calories: 271.5kcal (13.58%), Fat: 6.79g (10.45%), Saturated Fat: 1.14g (7.15%), Carbohydrates: 39.25g (13.08%), Net Carbohydrates: 27.19g (9.89%), Sugar: 6.59g (7.32%), Cholesterol: 0mg (0%), Sodium: 241.75mg (10.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.23g (28.46%), Folate: 380.08µg (95.02%), Fiber: 12.06g (48.23%), Manganese: 0.9mg (45.21%), Phosphorus: 289.37mg (28.94%), Iron: 4.67mg (25.96%), Vitamin B1: 0.37mg (24.95%), Copper: 0.5mg (24.8%), Magnesium: 98.44mg (24.61%), Zinc: 2.38mg (15.85%), Potassium: 534.17mg (15.26%), Vitamin K: 13.92µg (13.26%), Vitamin B6: 0.21mg (10.29%), Vitamin B5: 0.77mg (7.67%), Selenium: 4.69µg (6.71%), Vitamin E: 0.99mg (6.58%), Vitamin B2: 0.1mg (6.14%), Calcium: 49.17mg (4.92%), Vitamin B3: 0.92mg (4.6%), Vitamin C: 2.03mg (2.46%)