Red Pepper-Black-eyed Pea Salsa

Vegetarian · Vegan · Gluten Free · Dairy Free

READY IN	SERVINGS	CALORIES
20 min.	20	31 kcal

ANTIPASTI · STARTER · SNACK · APPETIZER

Ingredients

- [ ] 15.8 oz black-eyed peas rinsed drained canned
- [ ] 1 tablespoon parsley fresh chopped
- [ ] 3 green onions thinly sliced
- [ ] 0.8 teaspoon ground cumin
- [ ] 1.5 teaspoons hot sauce
- [ ] 2 tablespoons juice of lemon
- [ ] 1 tablespoon oregano fresh chopped
- [ ] 0.3 teaspoon pepper

- [ ] 12 oz roasted bell peppers red finely chopped
- [ ] 0.3 teaspoon salt

Equipment

- [ ] bowl

Directions

- [ ] Stir together all ingredients in a large bowl. Cover and chill until ready to serve.

Nutrition Facts

PROTEIN **23.78%** FAT **5.69%** CARBS **70.53%**

Properties

Glycemic Index:7.35, Glycemic Load:1.35, Inflammation Score:-5, Nutrition Score:3.7552174277928%

Flavonoids

Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 0.43mg, Apigenin: 0.43mg, Apigenin: 0.43mg, Apigenin: 0.43mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg

Nutrients (% of daily need)

Calories: 31.06kcal (1.55%), Fat: 0.21g (0.32%), Saturated Fat: 0.05g (0.28%), Carbohydrates: 5.79g (1.93%), Net Carbohydrates: 3.95g (1.44%), Sugar: 0.84g (0.93%), Cholesterol: 0mg (0%), Sodium: 271.36mg (11.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.95g (3.9%), Folate: 51.68µg (12.92%), Vitamin C: 9.42mg (11.42%), Vitamin K: 8.99µg (8.56%), Manganese: 0.16mg (7.77%), Fiber: 1.84g (7.36%), Iron: 0.88mg (4.91%), Copper: 0.09mg (4.34%), Phosphorus: 40.06mg (4.01%), Magnesium: 15.3mg (3.82%), Vitamin B1: 0.05mg (3.47%), Vitamin B6: 0.06mg (2.91%), Potassium: 99.98mg (2.86%), Vitamin A: 132.52IU (2.65%), Zinc: 0.34mg (2.27%), Calcium: 18.85mg (1.89%), Vitamin B2: 0.02mg (1.24%), Vitamin B3: 0.23mg (1.17%), Vitamin B5: 0.11mg (1.06%)