



## South Georgia

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



18 min.

SERVINGS



15

CALORIES



139 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 30 ounce black-eyed peas drained canned
- 10 ounce canned tomatoes diced green canned (recommended: Ro-Tel)
- 8 ounce dressing italian
- 0.5 cup jalapeño peppers fresh chopped
- 0.5 cup onion chopped
- 4 ounce pimentos drained chopped
- 2 cups bell pepper red chopped
- 15 ounce kernel corn whole drained canned

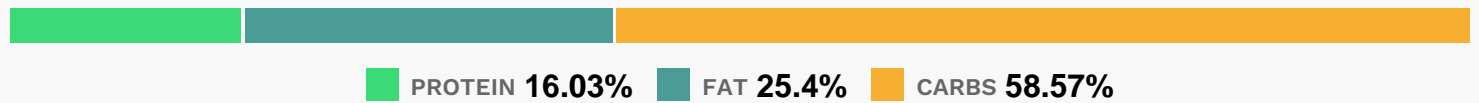
# Equipment

bowl

# Directions

- In a large bowl, combine all of the ingredients and stir gently to combine. Refrigerate mixture overnight.
- Serve with corn chips.

# Nutrition Facts



# Properties

Glycemic Index:14.33, Glycemic Load:4.23, Inflammation Score:-8, Nutrition Score:11.167825968369%

# Flavonoids

Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 1.28mg, Quercetin: 1.28mg, Quercetin: 1.28mg, Quercetin: 1.28mg

# Nutrients (% of daily need)

Calories: 139.37kcal (6.97%), Fat: 4.05g (6.24%), Saturated Fat: 0.61g (3.84%), Carbohydrates: 21.03g (7.01%), Net Carbohydrates: 16.22g (5.9%), Sugar: 5.77g (6.41%), Cholesterol: 0mg (0%), Sodium: 225.95mg (9.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.76g (11.52%), Vitamin C: 39.75mg (48.18%), Folate: 140.1µg (35.03%), Fiber: 4.81g (19.24%), Vitamin A: 909.77IU (18.2%), Manganese: 0.36mg (18.17%), Vitamin K: 12.75µg (12.15%), Phosphorus: 117.47mg (11.75%), Iron: 2.03mg (11.28%), Copper: 0.21mg (10.48%), Magnesium: 41.6mg (10.4%), Vitamin B1: 0.15mg (10.13%), Vitamin B6: 0.19mg (9.57%), Potassium: 330.32mg (9.44%), Vitamin E: 1.21mg (8.08%), Zinc: 0.95mg (6.35%), Vitamin B3: 1.05mg (5.24%), Vitamin B2: 0.07mg (4.19%), Vitamin B5: 0.37mg (3.65%), Selenium: 1.91µg (2.72%), Calcium: 26.07mg (2.61%)