Tangy Cowboy Caviar

Vegetarian · Vegan · Gluten Free · Dairy Free

READY IN	SERVINGS	CALORIES
510 min.	8	315 kcal

SIDE DISH

Ingredients

- [ ] 0.5 cup apple cider vinegar
- [ ] 15 ounce black beans rinsed drained canned
- [ ] 15 ounce black-eyed peas rinsed drained canned
- [ ] 15 ounce pinto beans rinsed drained canned
- [ ] 1 orange bell pepper diced
- [ ] 1 bell pepper diced red
- [ ] 0.5 onion diced red
- [ ] 0.5 cup granular sweetener equal® (such as)

- [ ] 2 tablespoons vegetable oil
- [ ] 2 cups water
- [ ] 33 ounce shoepeg corn white drained canned
- [ ] 1 bell pepper diced yellow

Equipment

- [ ] bowl
- [ ] plastic wrap
- [ ] colander

Directions

- [ ] Mix corn, black beans, pinto beans, black-eyed peas, red bell pepper, yellow bell pepper, orange bell pepper, and red onion together in a large bowl; stir in vegetable oil.
- [ ] Put granular sweetener into a bowl; stir vinegar into sweetener.
- [ ] Mix water into sweetener-vinegar mixture until sweetener is dissolved.
- [ ] Pour mixture over corn-bean mixture; toss to coat. Cover bowl with plastic wrap and refrigerate 8 hours to overnight.
- [ ] Drain liquid from mixture in a colander before serving.

Nutrition Facts

PROTEIN **14.75%** FAT **13.83%** CARBS **71.42%**

Properties

Glycemic Index:27.13, Glycemic Load:6.21, Inflammation Score:-9, Nutrition Score:22.255652095961%

Flavonoids

Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.62mg, Quercetin: 1.62mg, Quercetin: 1.62mg, Quercetin: 1.62mg

Nutrients (% of daily need)

Calories: 314.75kcal (15.74%), Fat: 5.91g (9.09%), Saturated Fat: 0.95g (5.93%), Carbohydrates: 68.68g (22.89%), Net Carbohydrates: 46.18g (16.79%), Sugar: 15.91g (17.67%), Cholesterol: 0mg (0%), Sodium: 357.67mg (15.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.18g (28.37%), Vitamin C: 75.15mg (91.1%), Fiber: 13.6g (54.4%), Folate: 197.99µg (49.5%), Manganese: 0.89mg (44.62%), Phosphorus: 311.31mg (31.13%), Magnesium: 107.95mg (26.99%), Potassium: 868.14mg (24.8%), Vitamin B1: 0.34mg (22.54%), Iron: 4.01mg (22.28%), Copper: 0.43mg (21.58%), Vitamin B6: 0.39mg (19.5%), Vitamin A: 973.8IU (19.48%), Vitamin B3: 3.12mg (15.58%), Vitamin B5: 1.39mg (13.92%), Zinc: 2.03mg (13.5%), Vitamin B2: 0.19mg (11.43%), Vitamin K: 10.23µg (9.74%), Vitamin E: 1.31mg (8.71%), Calcium: 66.8mg (6.68%), Selenium: 3.08µg (4.4%)