



WHATSheATE



HEALTH SCORE

100%

Texas Caviar



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



1455 min.

SERVINGS



4

CALORIES



411 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients



4 cups black-eyed peas cooled cooked drained



1 teaspoon pepper black



1 tablespoon cajun spice



1 tablespoon garlic minced



0.3 cup olive oil



1 bell pepper diced green red



1 cup onion diced red



0.3 cup red wine vinegar

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1 cup onion diced yellow

Equipment

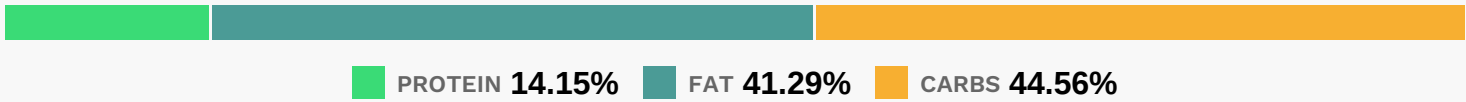
☐

bowl

Directions

- ☐ Watch how to make this recipe.
- ☐ Mix all ingredients thoroughly in a large bowl. Chill in the refrigerator for 24 hours, stirring occasionally. Stir again before serving.

Nutrition Facts



Properties

Glycemic Index:51, Glycemic Load:12.38, Inflammation Score:-10, Nutrition Score:25.354782913042%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg Kaempferol: 0.53mg, Kaempferol: 0.53mg, Kaempferol: 0.53mg, Kaempferol: 0.53mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 16.34mg, Quercetin: 16.34mg, Quercetin: 16.34mg, Quercetin: 16.34mg

Nutrients (% of daily need)

Calories: 411.33kcal (20.57%), Fat: 19.33g (29.74%), Saturated Fat: 2.82g (17.62%), Carbohydrates: 46.95g (15.65%), Net Carbohydrates: 33.01g (12%), Sugar: 10.52g (11.69%), Cholesterol: 0mg (0%), Sodium: 14.85mg (0.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.9g (29.81%), Folate: 387.65µg (96.91%), Fiber: 13.94g (55.78%), Vitamin C: 45.43mg (55.06%), Manganese: 1.09mg (54.39%), Vitamin A: 1823.73IU (36.47%), Phosphorus: 310.19mg (31.02%), Iron: 5.26mg (29.2%), Vitamin B1: 0.41mg (27.37%), Vitamin E: 4.08mg (27.17%), Magnesium: 108mg (27%), Copper: 0.52mg (26.22%), Vitamin B6: 0.42mg (20.91%), Potassium: 720.25mg (20.58%), Vitamin K: 17.8µg (16.95%), Zinc: 2.54mg (16.93%), Vitamin B2: 0.17mg (9.77%), Vitamin B5: 0.96mg (9.62%), Selenium: 5.15µg (7.35%), Calcium: 72.98mg (7.3%), Vitamin B3: 1.43mg (7.16%)