



Texas Caviar



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



168 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 15.8 ounce black-eyed peas rinsed drained canned
- ☐ 0.5 cup cilantro leaves fresh chopped
- ☐ 2 garlic cloves minced
- ☐ 1 bunch green onions chopped
- ☐ 15.5 ounce hominy white rinsed drained canned
- ☐ 3 tablespoons juice of lime
- ☐ 8 ounce picante sauce
- ☐ 1 medium size bell pepper red chopped

- ☐ 0.5 teaspoon salt
- ☐ 2 medium tomatoes seeded chopped

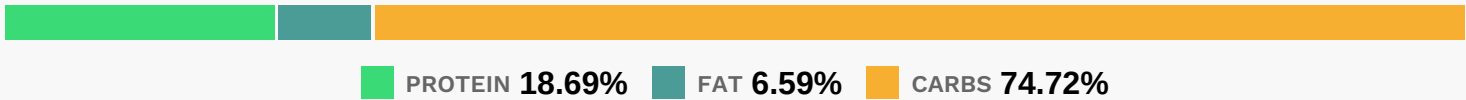
Equipment

- ☐ bowl

Directions

- ☐ Stir together all ingredients in a large bowl. Cover and chill, stirring occasionally, 8 hours.
- ☐ Serve with tortilla chips.

Nutrition Facts



Properties

Glycemic Index:34.17, Glycemic Load:5.19, Inflammation Score:-8, Nutrition Score:15.131739243217%

Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 1.47mg, Quercetin: 1.47mg, Quercetin: 1.47mg, Quercetin: 1.47mg

Nutrients (% of daily need)

Calories: 167.78kcal (8.39%), Fat: 1.28g (1.97%), Saturated Fat: 0.23g (1.42%), Carbohydrates: 32.59g (10.86%), Net Carbohydrates: 24.12g (8.77%), Sugar: 7.39g (8.21%), Cholesterol: 0mg (0%), Sodium: 701.82mg (30.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.15g (16.31%), Folate: 176.96µg (44.24%), Vitamin C: 35.69mg (43.27%), Fiber: 8.46g (33.86%), Manganese: 0.55mg (27.41%), Vitamin A: 1289.57IU (25.79%), Vitamin K: 19.69µg (18.75%), Phosphorus: 173.88mg (17.39%), Magnesium: 65.85mg (16.46%), Iron: 2.79mg (15.5%), Copper: 0.29mg (14.28%), Potassium: 481.48mg (13.76%), Vitamin B1: 0.2mg (13.27%), Zinc: 1.97mg (13.12%), Vitamin B6: 0.25mg (12.75%), Vitamin E: 1.31mg (8.76%), Selenium: 4.61µg (6.58%), Vitamin B3: 1.31mg (6.54%), Vitamin B5: 0.62mg (6.21%), Vitamin B2: 0.09mg (5.28%), Calcium: 48.07mg (4.81%)