



Texas Caviar



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



333 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

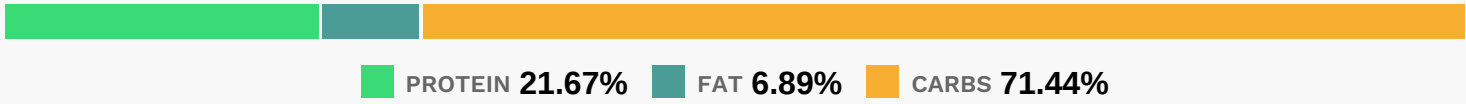
- ☐ 15 oz black beans drained and rinsed canned
- ☐ 15 oz black-eyed peas drained and rinsed canned
- ☐ 15.3 oz regular corn drained canned
- ☐ 4 servings garnish: cilantro fresh chopped
- ☐ 16 oz salsa

Equipment

Directions

- ☐ Stir together all ingredients except cilantro; pour into airtight container. Refrigerate several hours before serving.
- ☐ Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:18.25, Glycemic Load:6.22, Inflammation Score:-8, Nutrition Score:21.996087343796%

Flavonoids

Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 332.95kcal (16.65%), Fat: 2.63g (4.05%), Saturated Fat: 0.49g (3.04%), Carbohydrates: 61.39g (20.46%), Net Carbohydrates: 45.1g (16.4%), Sugar: 7.83g (8.7%), Cholesterol: 0mg (0%), Sodium: 1332.6mg (57.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.62g (37.24%), Folate: 321.92µg (80.48%), Fiber: 16.29g (65.16%), Manganese: 0.94mg (47.09%), Phosphorus: 361.31mg (36.13%), Magnesium: 122.48mg (30.62%), Iron: 5.4mg (30.02%), Copper: 0.6mg (29.82%), Potassium: 1041.44mg (29.76%), Vitamin B1: 0.42mg (27.97%), Vitamin B6: 0.36mg (18.23%), Vitamin B3: 3.3mg (16.5%), Zinc: 2.48mg (16.5%), Vitamin B2: 0.24mg (14.04%), Vitamin A: 571.26IU (11.43%), Vitamin E: 1.68mg (11.22%), Calcium: 96.7mg (9.67%), Vitamin C: 7.31mg (8.87%), Vitamin B5: 0.86mg (8.62%), Selenium: 5.06µg (7.23%), Vitamin K: 6.88µg (6.55%)