



HEALTH SCORE

100%

Texas Caviar



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy



Popular

READY IN



15 min.

SERVINGS



4

CALORIES



333 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 4 cups black-eyed peas rinsed cooked drained (2 15-ounce cans, and)
- ☐ 8 green onions thinly sliced
- ☐ 0.5 cup cilantro leaves chopped
- ☐ 3 jalapeño chile peppers seeds removed (wear gloves! do not touch your eyes after handling them!), finely chopped
- ☐ 2 plum tomatoes diced canned drained
- ☐ 1 bell pepper diced yellow
- ☐ 3 cloves garlic minced
- ☐ 2 tablespoons olive oil extra virgin

- ☐ 2 tablespoons juice of lime
- ☐ 1 teaspoon ground cumin
- ☐ 4 servings salt and pepper black to taste

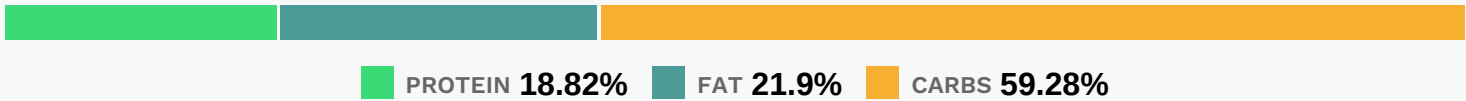
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ In a medium bowl, stir together the black-eyed peas, green onion greens, cilantro, chopped jalapeño, tomatoes, bell pepper, and garlic.
- ☐ In a separate bowl, whisk together the olive oil, lime juice, and cumin.
- ☐ Pour over the the black-eyed pea mixture. Stir to coat.
- ☐ Add salt and pepper to taste.
- ☐ Best chilled for several hours.
- ☐ Serve cold as a side salad or with tortilla chips.

Nutrition Facts



Properties

Glycemic Index:46.25, Glycemic Load:11.75, Inflammation Score:-9, Nutrition Score:33.044782887334%

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: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 5.04mg, Quercetin: 5.04mg, Quercetin: 5.04mg, Quercetin: 5.04mg

Nutrients (% of daily need)

Calories: 333.11kcal (16.66%), Fat: 8.57g (13.19%), Saturated Fat: 1.28g (8.01%), Carbohydrates: 52.21g (17.4%), Net Carbohydrates: 37.39g (13.6%), Sugar: 13.09g (14.55%), Cholesterol: 0mg (0%), Sodium: 504.44mg (21.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.57g (33.15%), Vitamin C: 130.93mg (158.71%), Folate: 407.17µg (101.79%), Vitamin K: 73.81µg (70.3%), Fiber: 14.82g (59.28%), Manganese: 1.18mg (58.81%), Iron: 7.6mg (42.24%), Copper: 0.72mg (35.79%), Phosphorus: 345.85mg (34.58%), Vitamin B6: 0.67mg (33.57%), Magnesium: 133.41mg (33.35%), Vitamin B1: 0.5mg (33.11%), Potassium: 1139.75mg (32.56%), Vitamin E: 3.34mg (22.25%), Vitamin A: 1031.58IU (20.63%), Zinc: 2.81mg (18.7%), Vitamin B2: 0.27mg (15.99%), Vitamin B3: 3.2mg (15.98%), Calcium: 141.57mg (14.16%), Vitamin B5: 1.12mg (11.19%), Selenium: 5.28µg (7.54%)