



WHATSheATE



HEALTH SCORE

100%

Zesty Hoppin John Salad



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



60 min.

SERVINGS



8

CALORIES



296 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients



0.3 cup balsamic vinegar



45 ounce black-eyed peas drained canned



8 stalks celery cut into 1/4-inch dice



1 tablespoon cilantro leaves chopped



1 cucumber cut into 1/4-inch dice



1 bell pepper green cut into 1/4-inch dice



0.3 cup juice of lemon



0.3 cup olive oil

- ☐ 1 orange bell pepper cut into 1/4-inch dice
- ☐ 1 onion red cut into 1/4-inch dice
- ☐ 10 roma tomatoes cut into 1/4-inch dice (plum)
- ☐ 2 tomatillos cut into 1/4-inch dice
- ☐ 1 bell pepper yellow cut into 1/4-inch dice

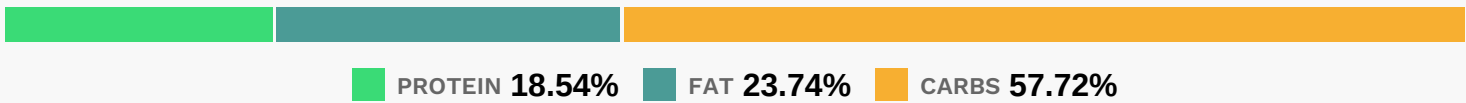
Equipment

- ☐ bowl

Directions

- ☐ Combine black-eyed peas, celery, roma tomatoes, cucumber, red onion, green, yellow, and orange bell peppers, and tomatillos in a salad bowl. Gently stir lemon juice, balsamic vinegar, olive oil, cilantro, and red pepper flakes into the salad. Chill before serving; serve over romaine lettuce leaves.

Nutrition Facts



Properties

Glycemic Index:34.63, Glycemic Load:11.57, Inflammation Score:-9, Nutrition Score:26.549565418907%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.1mg, Hesperetin: 1.1mg, Hesperetin: 1.1mg, Hesperetin: 1.1mg Naringenin: 0.63mg, Naringenin: 0.63mg, Naringenin: 0.63mg, Naringenin: 0.63mg Apigenin: 1.15mg, Apigenin: 1.15mg, Apigenin: 1.15mg, Apigenin: 1.15mg Luteolin: 1.37mg, Luteolin: 1.37mg, Luteolin: 1.37mg, Luteolin: 1.37mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 3.97mg, Quercetin: 3.97mg, Quercetin: 3.97mg, Quercetin: 3.97mg

Nutrients (% of daily need)

Calories: 296.48kcal (14.82%), Fat: 8.1g (12.46%), Saturated Fat: 1.24g (7.74%), Carbohydrates: 44.31g (14.77%), Net Carbohydrates: 30.99g (11.27%), Sugar: 11.64g (12.93%), Cholesterol: 0mg (0%), Sodium: 47.04mg (2.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.23g (28.46%), Folate: 379.93µg (94.98%), Vitamin C: 76.97mg (93.29%), Fiber: 13.32g (53.27%), Manganese: 1.01mg (50.45%), Phosphorus: 304.71mg (30.47%), Vitamin A:

1440.42IU (28.81%), Vitamin K: 30.22µg (28.78%), Magnesium: 111.5mg (27.88%), Copper: 0.56mg (27.87%), Vitamin B1: 0.4mg (26.9%), Potassium: 930.9mg (26.6%), Iron: 4.74mg (26.34%), Vitamin B6: 0.4mg (19.83%), Zinc: 2.44mg (16.26%), Vitamin E: 2.29mg (15.29%), Vitamin B5: 1.04mg (10.4%), Vitamin B3: 1.92mg (9.61%), Vitamin B2: 0.16mg (9.59%), Calcium: 77.9mg (7.79%), Selenium: 4.36µg (6.23%)