



WHATSheATE



HEALTH SCORE

100%

Zesty Hoppin John Salad



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



60 min.

SERVINGS



8

CALORIES



299 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
- ☐ 0.5 teaspoon pepper flakes red to taste
- ☐ 10 roma tomatoes cut into 1/4-inch dice (plum)
- ☐ 4 leaves romaine lettuce or as needed
- ☐ 2 tomatillos cut into 1/4-inch dice
- ☐ 1 bell pepper yellow cut into 1/4-inch dice

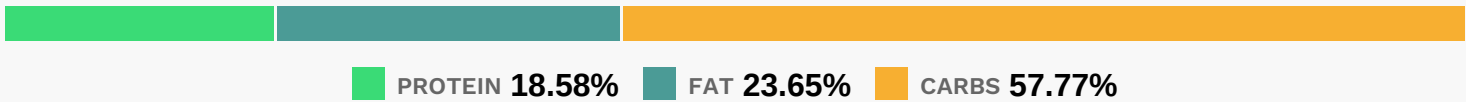
Equipment

- ☐ 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:-10, Nutrition Score:28.896956340126%

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: 1.38mg, Luteolin: 1.38mg, Luteolin: 1.38mg, Luteolin: 1.38mg 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: 4.28mg, Quercetin: 4.28mg, Quercetin: 4.28mg, Quercetin: 4.28mg

Nutrients (% of daily need)

Calories: 299.21kcal (14.96%), Fat: 8.16g (12.55%), Saturated Fat: 1.25g (7.79%), Carbohydrates: 44.83g (14.94%), Net Carbohydrates: 31.18g (11.34%), Sugar: 11.81g (13.12%), Cholesterol: 0mg (0%), Sodium: 50.21mg (2.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.42g (28.84%), Folate: 399µg (99.75%), Vitamin C: 77.53mg (93.97%), Fiber: 13.65g (54.62%), Vitamin A: 2696.88IU (53.94%), Manganese: 1.03mg (51.64%), Vitamin K: 44.7µg (42.57%), Phosphorus: 309.28mg (30.93%), Magnesium: 113.65mg (28.41%), Copper: 0.57mg (28.27%), Potassium: 967.92mg (27.65%), Vitamin B1: 0.41mg (27.59%), Iron: 4.9mg (27.21%), Vitamin B6: 0.41mg (20.48%), Zinc: 2.48mg (16.51%), Vitamin E: 2.36mg (15.73%), Vitamin B5: 1.06mg (10.61%), Vitamin B2: 0.17mg (10.21%), Vitamin B3: 1.98mg (9.9%), Calcium: 82.94mg (8.29%), Selenium: 4.44µg (6.35%)