

Texas Caviar

Yield: 4 min
Total Time: 20 min

Recipe from: <https://www.recipeschoose.com/recipes/american-corn-salad-recipe-indian>

Ingredients:

- 1 can black-eyed peas drained and rinsed well
- 1 red bell pepper seeded and finely diced
- 1 yellow bell pepper seeded and finely diced
- 1 jalapeno large, seeded and finely diced
- 1 red onion small, finely diced
- 1/2 cup Italian flat leaf parsley finely chopped
- 1 lemon
- 2 tablespoons extra-virgin olive oil
- coarse salt
- freshly ground pepper

Nutrition:

1. Calories: 470 calories
2. Carbohydrate: 74 grams
3. Fat: 8 grams
4. Fiber: 4 grams
5. Protein: 27 grams
6. SaturatedFat: 1.5 grams
7. Sodium: 220 milligrams
8. Sugar: 2 grams

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