

Field Pea Relish

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Yield: 4 cups

1/4 cup canola oil

1/4 cup fresh lime juice

3 tablespoons chopped fresh cilantro

3 tablespoons Candied Jalapenos (see recipe under Sauces/ Condiments), minced

1 clove garlic, pressed

1/4 teaspoon table salt

3 cups assorted cooked field peas

1/2 cup red onion, diced

1/2 cup red bell pepper, diced

In a large bowl, whisk together the canola oil, lime juice, cilantro, Candied Jalapenos, garlic and salt.

Add the field peas, red onion and bell pepper. Toss to coat.

Cover and chill for twelve hours, stirring occasionally.

Per Serving (excluding unknown items): 554 Calories; 55g Fat (85.8% calories from fat); 2g Protein; 18g Carbohydrate; 3g Dietary Fiber; 0mg Cholesterol; 588mg Sodium. Exchanges: 2 Vegetable; 1/2 Fruit; 11 Fat.

Per Serving Nutritional Analysis

Calories (kcal):	554
% Calories from Fat:	85.8%
% Calories from Carbohydrates:	12.7%
% Calories from Protein:	1.5%
Total Fat (g):	55g
Saturated Fat (g):	4g
Monounsaturated Fat (g):	32g
Polyunsaturated Fat (g):	16g
Cholesterol (mg):	0mg
Carbohydrate (g):	18g
Dietary Fiber (g):	3g
Protein (g):	2g
Sodium (mg):	588mg
Potassium (mg):	353mg
Calcium (mg):	36mg
Iron (mg):	1mg
Zinc (mg):	trace
Vitamin C (mg):	166mg
Vitamin A (i.u.):	4440IU
Vitamin A (r.e.):	444RE

Vitamin B6 (mg):	.3mg
Vitamin B12 (mcg):	0mcg
Thiamin B1 (mg):	.1mg
Riboflavin B2 (mg):	trace
Folacin (mcg):	39mcg
Niacin (mg):	1mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	0.0%

Food Exchanges

Grain (Starch):	0
Lean Meat:	0
Vegetable:	2
Fruit:	1/2
Non-Fat Milk:	0
Fat:	11
Other Carbohydrates:	0

Nutrition Facts

Amount Per Serving

Calories	554	Calories from Fat: 475
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% Daily Values*

Total Fat	55g	84%
Saturated Fat	4g	20%
Cholesterol	0mg	0%
Sodium	588mg	25%
Total Carbohydrates	18g	6%
Dietary Fiber	3g	13%
Protein	2g	

Vitamin A	89%
Vitamin C	277%
Calcium	4%
Iron	3%

* Percent Daily Values are based on a 2000 calorie diet.