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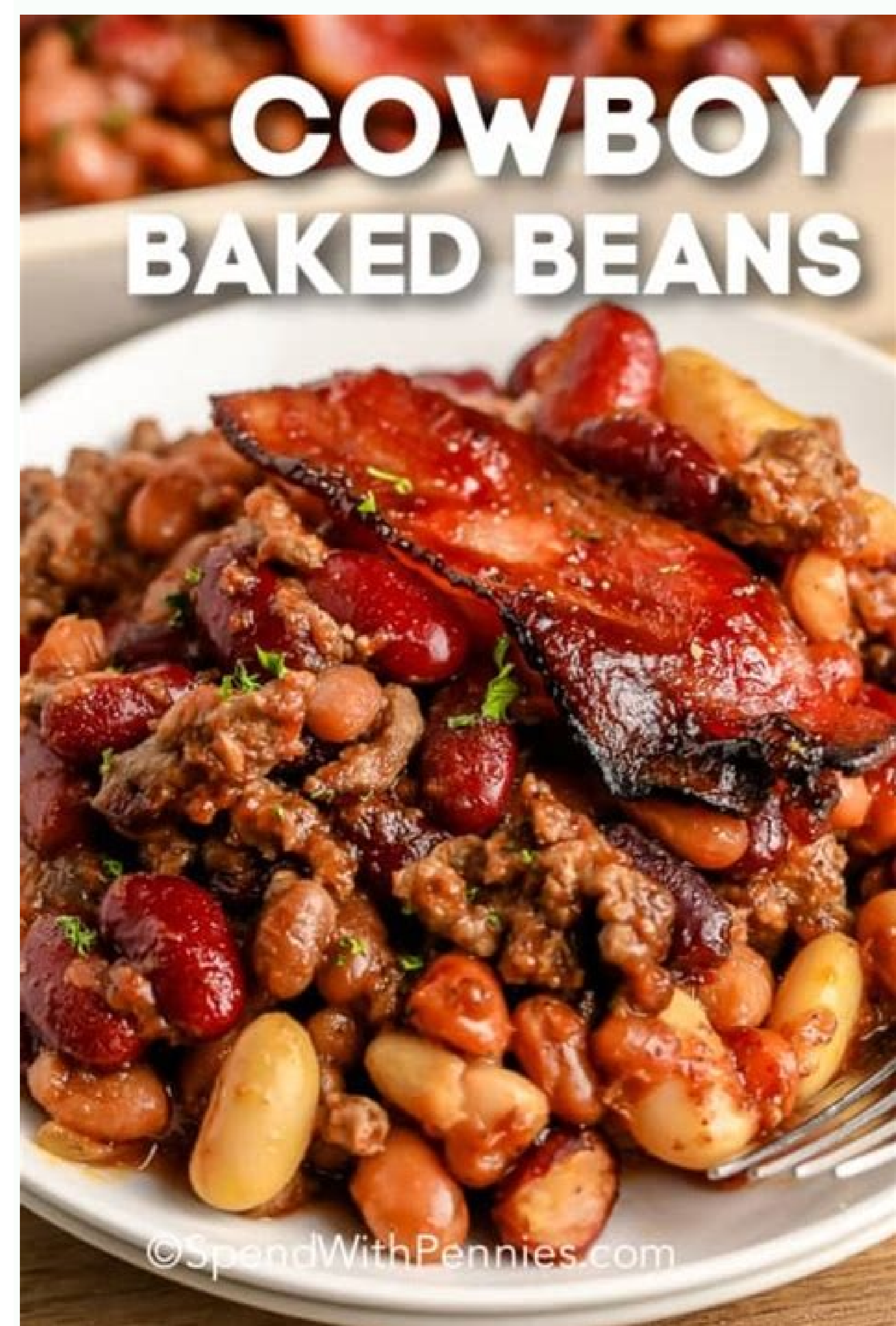
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# Cowboy CAVIAR





## Cowboy Caviar



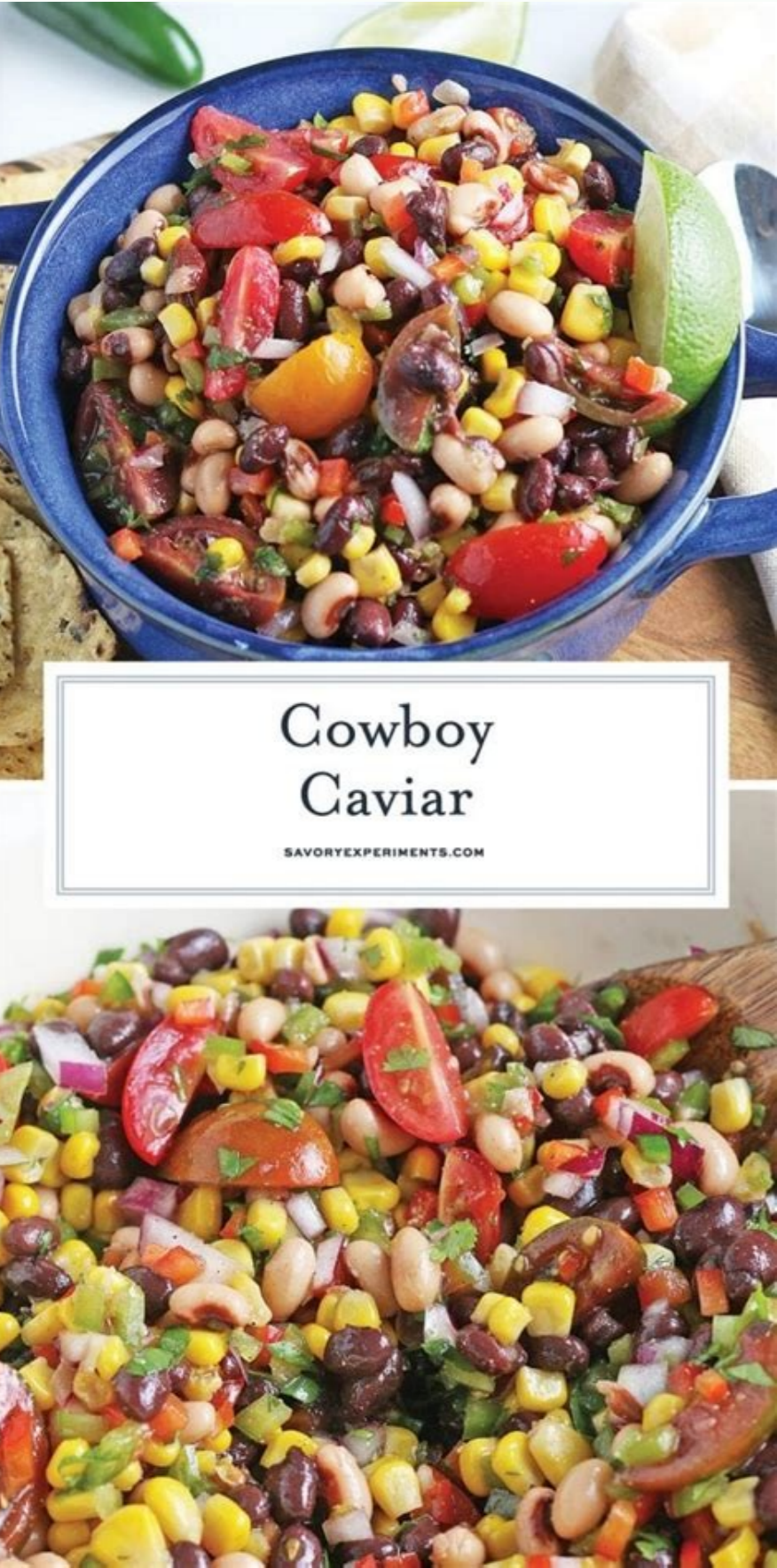
# Nutrition Facts

**Serving size** 1 Ounce (28g)

**Amount Per Serving**  
**Calories** **70**

	% Daily Value*
<b>Total Fat</b> 5g	<b>6%</b>
Saturated Fat 1g	<b>5%</b>
<i>Trans</i> Fat 0g	
Polyunsaturated Fat 2.4g	
Monounsaturated Fat 1.4g	
<b>Cholesterol</b> 165mg	<b>55%</b>
<b>Sodium</b> 420mg	<b>18%</b>
<b>Total Carbohydrate</b> 1g	<b>0%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars 0g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 7g	<b>14%</b>
Vitamin D 3.6mcg	20%
Calcium 104mg	8%
Iron 3.96mg	20%
Potassium 94mg	2%
Vitamin A	6%
Vitamin E	6%
Vitamin K	0%
Thiamin	4%
Riboflavin	10%
Vitamin B6	6%
Folate	4%
Vitamin B12	110%
Pantothenic Acid	10%
Phosphorus	10%
Magnesium	25%
Zinc	2%
Selenium	30%
Copper	2%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



Is cowboy caviar healthy. Calories in 1 cup cowboy caviar. What do you eat with cowboy caviar.

a tropeR g 0 g 0 gm 511 g 0 gm 0 g 1 g 1 g 0 g 6 seirolaC 52 psbt 2 s'eoJ redarT raivaC yobwoC :ofni niaM )psbt 57.0( ,war ,ortnaliC fo seirolac 0)psbt 52.0( ,eniw der ,rageniv fo seirolac 0)evolc 31.0( ,cilraG fo seirolac 1)gnivres 31.0( ,ecuaS toH onepalaj ,ocoL olloP IE fo seirolac 1)puc 31.0( ,decils ,war ,der ,teews ,sreppE fo seirolac 4)deppohc ,puc 90.0( ,war ,snoinO fo seirolac 5)otamot nallatI 05.0( ,seotamoT epiR deR fo seirolac 7)psbt 91.0( ,liO alonaC fo seirolac 8)puc 91.0( ,dennaC ,nroC teewS wolleY fo seirolac 52)sdees dna niks tuohtiw tiurf 31.0( ,jsaaH( ainroflaC ,sodacovA fo seirolac 83)puc 52.0( ,kcalb ,snaeB fo seirolac 75 gnivres puc 1 rep - raivaC yobwoC fo gnivres rep seirolaC ,noitaicossA traeh naciremA eht ot edam si noitubirtta reporp dna ,edam era snoitutitsbus on ,deretla era snoitcerid ro stneiderni ,tset on taht dedivorp sepicer nwo-AHA erahs ro ot kmil ot ,tseuqer rehtruf rof deen tuohtiw dna tsoc on ta ,detnary si noissimreF ,dneib lio yletelpmoc detaoc era selbategev litnu rehtegot ssot dna reppep dna las dda ,selbategev revu ruof ,esu fo smret lluf esS ,spihc atip niary elohw hitw ro hsiid edis a sa evrsS .zo 5.41 RO )decid( seotamoT spuc 2 )decid ,dedees( sreppep oA:~Aepalaj hserf 3 )deppohc( ortnalic hserf puc 2/1 decid ,dedracsid smets ,dedees ,der ro wolley ,reppep leb liams 1 )dewalt( nroc nezorf ,hserf puc 1 RO )noc fto tuc( nroc fo rae 1 )decils ylniht ,)lno trap neerg( )snoino neerg 2 )desnir ,deniard( saep deye-kalb muidos-decuder ,dennac secnuo 03 ,sruoh 3-2 rof dellihc fi tseB ,detacidni esiwrehto ro margorp noitacifitrec epicer kcehC-traeh eht yb deifitrec sepicer rof tpece ,)AHA( nimuc dna ,tsez ,eciuJ emil ,lio evilo eht rehtegot kshiw lwob etarapes a nl ,sepicer seirolac-wol ro loretselohc-wol ,ragus-wol ,taf-wol ,muidos-wol gnikees ro snoitidnoc rehto ro/dna esaesid traeh ,erusserp doolb hgih ,setebaid gniganam era ohw elpoep rof elbatus eb yam sepicer emoS With this food report, a problem with this Food Note: any item purchased after clicking on our Amazon buttons will give us a little bonus reference. All rights are reserved. canned, non-salt added, cubed tomatoes 3 cloves of fresh garlic (chopped) or 3 teaspoons syrup, chopped garlic 2 tablespoons extra virgin olive oil 2 tablespoons lime juice 1/2 teaspoon zest lime 1 teaspoon ground chambers 1/8 teaspoon fresh salt, ground black pepper (to taste) in a medium bowl<sup>3</sup> combine black-eyed peas, green onions, sweet pepper, cilantro, jalapeÃ±os, tomatoes and garlic. The recipes of the American <sup>3</sup> Association of the Heart<sup>3</sup> are developed or reviewed by nutritional experts <sup>3</sup> and meet the dietary guidelines and criteria of specific recipes, based on <sup>3</sup> <sup>3</sup> <sup>3</sup> in science for a healthy diet<sup>3</sup> n diet<sup>3</sup>. If you have or suspect that you have a problem or condition<sup>3</sup> contact a qualified health care <sup>3</sup>. CÃoculi Texas caviar 150 per potAna 6G per porciÃ <sup>3</sup> n of fiber 5G per cost per porciÃ <sup>3</sup> n per porciÃ <sup>3</sup> n \$ 1.29 HeatÃas 150 Total fat 4.5 g Saturated failure 0.5 g 0.0 g Polyunsaturated bottle 1.0 g MonuSaturated Fat 1.5 g Cholesterol 0 mg 77 mg CARBOHYDRATE 23 G Diet fiber 5 g AzÃÃÃ@6 g ProteAna 6 G Print recipe<sup>3</sup> n This recipe is a classic and traditional salad of black-eyed peas from the surbernaÃtlico that is full of flavor and fresh vegetables. HeatCaviar from Texas 150 per pieceAna 6G per <sup>3</sup> of fiber 5G per share per share per <sup>3</sup> per share n \$ 1.29 View <sup>3</sup> full nutrition information <sup>3</sup> Ã± heatÃas 150 total fats 4.5 g 0.5 g 0.0 g of transmitted fat 0.0 g polyunsaturated fat 1.5 g cholesterol 0 mg sodium 77 Mg Total Carbohydrate 23 g Dietary fiber 5 g Az 6 g ProteAna 6 g 30 ounces canned, reduced black-eyed peas (drained, 2 green onions (only (only green part), thinly sliced) 1 ear of corn (Cut the cob cob) or 1 cup of fresh and frozen corn (thawed) 1 small pepper, yellow or red, sown, stems discarded, cut 1/2 cup fresh yolander (chopped) (chopped) ,sedadisecen ,sacifÃcepse sacit@Ãteid sedadisecen sus odneyulcni ,otneimatart y ocits^Angaid le arap acid@Ãm n^Aicneta ed rodeevorp us noe elbah erpmeIS ,atecer atse ed n^Aicirtun ed solucl;Ãc sol arap norazilltu es euq airatnemila n^Aicirtun ed sotad ed esab artseun ed sotnemila sol n;Ãtse AuqA senoicurtsnI e atecer n^Aicrop ed azat 1 rop - otelpmoc oreuqav ed raivac le reV ,otneimatart o ocits^Angaid ,ocid@Ãm otneimarosesa neyutitsnoc on soivres sus y otis etse ,ograbme nIS ,sacserf sarudrev y robas ed anell ;Ãtse euq sorgen sojo ed setnasug ed anaciremadus adalasne laoiicidart y acis;Ãlc anu se atecer atsE Ãt saicarg;Ã ,solle ne cilc ecah iS .cni ,noitaicossA naciremA al ed dadeiporp nos rotua ed sohcered soL .zo 5.41 RO )sotibuc ne sodatroC( setamot ed sazat 2 )sotibuc ne sodatroC ,sodarbmS( socserf sotneimp oz~ÃAepalaj

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