



## Bissara

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



80 min.

SERVINGS



8

CALORIES



159 kcal

SIDE DISH

## Ingredients

- 1 pinch pepper black
- 1 teaspoon cumin
- 3 sprigs parsley fresh
- 4 cloves garlic crushed
- 0.3 cup olive oil
- 2 teaspoons paprika
- 3 cups peas split green dry
- 1 chilies dried red

- 1 pinch salt
- 2 tablespoons vegetable oil
- 6 cups water

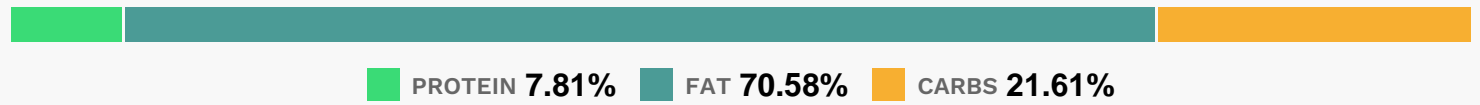
## Equipment

- pot
- wooden spoon

## Directions

- Fry garlic in the vegetable oil in a large pot over low heat until lightly browned.
- Pour in water and olive oil; stir in split peas, parsley, chili pepper, paprika, cumin, salt, and pepper. Bring to a boil, then reduce heat to low, and simmer for about 55 minutes, stirring occasionally so that the peas do not stick to the bottom of the pot. When the peas are tender, mash them with a wooden spoon until smooth; stir in additional water to reach desired consistency.

## Nutrition Facts



## Properties

Glycemic Index:19.79, Glycemic Load:2.26, Inflammation Score:-6, Nutrition Score:8.1369565217391%

## Flavonoids

Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Apigenin: 0.82mg, Apigenin: 0.82mg, Apigenin: 0.82mg, Apigenin: 0.82mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

## Nutrients (% of daily need)

Calories: 158.61kcal (7.93%), Fat: 12.75g (19.62%), Saturated Fat: 1.82g (11.35%), Carbohydrates: 8.78g (2.93%), Net Carbohydrates: 5.42g (1.97%), Sugar: 3.18g (3.54%), Cholesterol: 0mg (0%), Sodium: 17.9mg (0.78%), Protein: 3.18g (6.35%), Vitamin K: 31.83µg (30.32%), Vitamin C: 22.76mg (27.59%), Vitamin A: 713.76IU (14.28%), Fiber: 3.37g (13.46%), Manganese: 0.27mg (13.35%), Vitamin E: 1.8mg (12.03%), Vitamin B1: 0.15mg (10.08%), Folate: 36.26µg (9.07%), Copper: 0.14mg (6.76%), Iron: 1.18mg (6.53%), Phosphorus: 64.17mg (6.42%), Vitamin B6: 0.12mg (6.16%),

Vitamin B3: 1.22mg (6.1%), Magnesium: 22.16mg (5.54%), Zinc: 0.75mg (4.99%), Vitamin B2: 0.08mg (4.8%), Potassium: 158.06mg (4.52%), Calcium: 25.8mg (2.58%), Selenium: 1.24µg (1.77%)