



Black-eyed Pea-and-Ham Dip

 Dairy Free

READY IN



33 min.

SERVINGS



20

CALORIES



154 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 Tbsp apple cider vinegar
- ☐ 31.6 oz black-eyed peas rinsed drained canned
- ☐ 1 rib celery finely chopped
- ☐ 0.5 cup country ham diced
- ☐ 20 servings cornbread crackers
- ☐ 0.3 cup parsley fresh chopped
- ☐ 2 green onions sliced
- ☐ 2 tablespoons olive oil

- ☐ 1 large tomatoes finely chopped
- ☐ 0.8 cup water

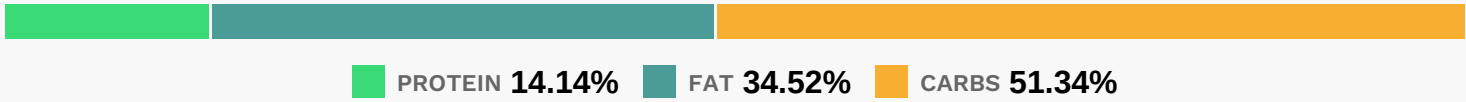
Equipment

- ☐ frying pan

Directions

- ☐ Saut ham in a lightly greased large nonstick skillet over medium-high heat 3 to 5 minutes or until lightly brown; stir in black-eyed peas and 3/4 cup water. Reduce heat to medium, and simmer 8 minutes or until liquid is reduced by three-fourths. Partially mash beans with back of a spoon to desired consistency.
- ☐ Stir together tomato and next 5 ingredients. Spoon warm bean mixture into a serving dish, and top with tomato mixture.
- ☐ Serve with crackers.
- ☐ Note: Prepare dip 24 hours in advance, if desired; then reheat before serving.

Nutrition Facts



Properties

Glycemic Index:10.75, Glycemic Load:2.74, Inflammation Score:-4, Nutrition Score:7.8221739491691%

Flavonoids

Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 1.62mg, Apigenin: 1.62mg, Apigenin: 1.62mg, Apigenin: 1.62mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

Nutrients (% of daily need)

Calories: 154.02kcal (7.7%), Fat: 5.96g (9.18%), Saturated Fat: 1.34g (8.38%), Carbohydrates: 19.96g (6.65%), Net Carbohydrates: 16.51g (6%), Sugar: 3.06g (3.4%), Cholesterol: 2.17mg (0.72%), Sodium: 186.07mg (8.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.5g (11%), Folate: 108.08µg (27.02%), Vitamin K: 25.12µg (23.93%), Manganese: 0.32mg (15.75%), Fiber: 3.45g (13.78%), Vitamin B1: 0.19mg (12.46%), Phosphorus: 124.18mg (12.42%), Iron: 1.97mg (10.93%), Copper: 0.15mg (7.59%), Magnesium: 29.19mg (7.3%), Vitamin E: 0.96mg (6.4%), Vitamin B3:

1.23mg (6.14%), Zinc: 0.79mg (5.24%), Potassium: 183.29mg (5.24%), Vitamin B2: 0.08mg (4.6%), Calcium: 38.8mg (3.88%), Vitamin B6: 0.08mg (3.82%), Selenium: 2.66µg (3.8%), Vitamin C: 2.65mg (3.21%), Vitamin A: 157.89IU (3.16%), Vitamin B5: 0.27mg (2.71%)