



 **53%**  
HEALTH SCORE

## Black-Eyed Pea Dip

READY IN



45 min.

SERVINGS



1

CALORIES



957 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 1 serving roasted-garlic bagel chips
- 16 oz eyed peas black rinsed drained canned
- 4 slices bacon crumbled cooked
- 1 teaspoon garlic salt
- 3 green onions chopped
- 0.5 cup salsa
- 0.5 cup cup heavy whipping cream sour

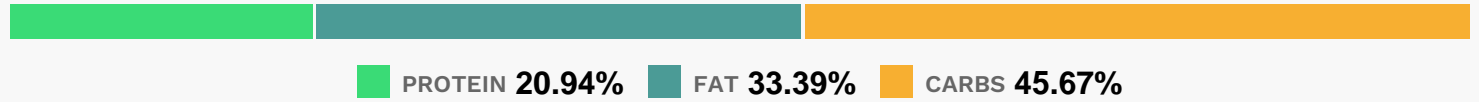
### Equipment

- bowl
- blender

## Directions

- Set aside 1/2 cup peas.
- Place remaining peas in an electric blender and process until smooth.
- Add onions, sour cream and garlic salt to blender; process until smooth.
- Add onions, sour cream, and garlic salt to blender; process until smooth.
- Transfer to a bowl and stir in salsa, bacon and reserved peas.
- Serve with chips.

## Nutrition Facts



## Properties

Glycemic Index:73, Glycemic Load:27.07, Inflammation Score:-10, Nutrition Score:51.773043492566%

## Flavonoids

Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg Quercetin: 3.84mg, Quercetin: 3.84mg, Quercetin: 3.84mg

## Nutrients (% of daily need)

Calories: 957.49kcal (47.87%), Fat: 36.42g (56.03%), Saturated Fat: 16.14g (100.86%), Carbohydrates: 112.12g (37.37%), Net Carbohydrates: 79.32g (28.84%), Sugar: 24.75g (27.5%), Cholesterol: 99.53mg (33.18%), Sodium: 3786.5mg (164.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 51.39g (102.78%), Folate: 978.61µg (244.65%), Fiber: 32.8g (131.18%), Manganese: 2.38mg (119.24%), Phosphorus: 974.08mg (97.41%), Vitamin K: 89.42µg (85.16%), Vitamin B1: 1.18mg (78.92%), Magnesium: 288.58mg (72.15%), Iron: 12.91mg (71.7%), Copper: 1.39mg (69.31%), Potassium: 1999.66mg (57.13%), Zinc: 7.62mg (50.78%), Selenium: 33.21µg (47.44%), Vitamin B6: 0.92mg (46.14%), Vitamin B3: 7.36mg (36.79%), Vitamin A: 1779.25IU (35.58%), Vitamin B2: 0.59mg (34.55%), Calcium: 292.29mg (29.23%), Vitamin B5: 2.9mg (28.98%), Vitamin E: 3.63mg (24.17%), Vitamin C: 12.09mg (14.65%), Vitamin B12: 0.59µg (9.84%)