



Black-Eyed Peas with Dill



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



206 kcal

SIDE DISH

Ingredients

- ☐ 10 ounce pea-mond dressing frozen
- ☐ 2 optional: dill fresh chopped
- ☐ 4 servings lemon wedges
- ☐ 0.3 cup olive oil extra virgin extra-virgin
- ☐ 0.5 teaspoon salt
- ☐ 2 large spring onion dark white green chopped cut into 1-inch pieces and parts
- ☐ 2 cups water

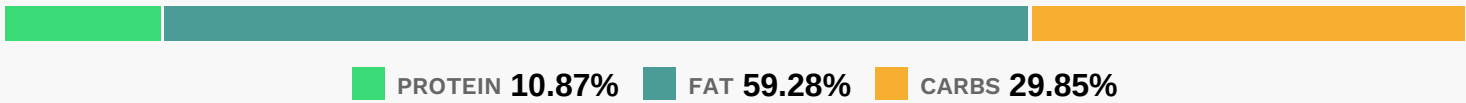
Equipment

sauce pan

Directions

Bring water, dill sprigs, white and pale green parts of scallions, salt, and 2 tablespoons oil to a boil in a 2-quart heavy saucepan, covered. Reduce heat to moderately low, then add peas and simmer, covered, stirring occasionally, until peas are tender, 30 to 35 minutes. Cool, uncovered, then transfer mixture with any liquid to a serving dish and stir in chopped dill, scallion greens, and remaining 2 tablespoons oil.

Nutrition Facts



Properties

Glycemic Index:28.38, Glycemic Load:4.35, Inflammation Score:-5, Nutrition Score:9.5269564442013%

Flavonoids

Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg Hesperetin: 0.28mg, Hesperetin: 0.28mg, Hesperetin: 0.28mg, Hesperetin: 0.28mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.62mg, Quercetin: 1.62mg, Quercetin: 1.62mg, Quercetin: 1.62mg

Nutrients (% of daily need)

Calories: 206.06kcal (10.3%), Fat: 13.91g (21.4%), Saturated Fat: 1.97g (12.28%), Carbohydrates: 15.76g (5.25%), Net Carbohydrates: 10.79g (3.92%), Sugar: 2.66g (2.95%), Cholesterol: 0mg (0%), Sodium: 302.03mg (13.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.74g (11.47%), Folate: 156.28µg (39.07%), Vitamin K: 35.21µg (33.53%), Fiber: 4.97g (19.88%), Manganese: 0.36mg (18.2%), Vitamin E: 2.21mg (14.75%), Phosphorus: 115.68mg (11.57%), Iron: 2.08mg (11.56%), Copper: 0.22mg (11.03%), Magnesium: 41.61mg (10.4%), Vitamin B1: 0.15mg (10.05%), Potassium: 236.79mg (6.77%), Zinc: 0.98mg (6.54%), Vitamin C: 3.59mg (4.35%), Vitamin B6: 0.08mg (4.01%), Vitamin A: 174.07IU (3.48%), Calcium: 31.17mg (3.12%), Vitamin B5: 0.3mg (3.05%), Vitamin B2: 0.05mg (2.98%), Selenium: 1.85µg (2.65%), Vitamin B3: 0.43mg (2.13%)