



Corn-and-Field Pea Dip



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



335 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

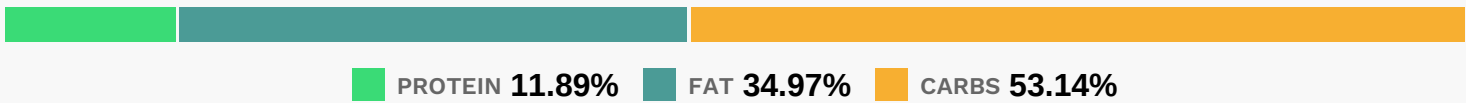
- ☐ 14.5 ounce canned tomatoes diced canned
- ☐ 1 tablespoon parsley fresh finely chopped
- ☐ 2 garlic cloves minced
- ☐ 5 green onions diced
- ☐ 16 ounce 1 (16-ounce) bottle zesty italian dressing italian
- ☐ 31.6 ounce field peas with snaps, rinsed and drained canned
- ☐ 20 ounce tomato and chiles diced green canned
- ☐ 22 ounce shoepeg corn white drained canned

Equipment

Directions

- ☐ Stir together all ingredients. Cover and chill 8 hours.
- ☐ Drain before serving.
- ☐ Serve with corn chips.

Nutrition Facts



Properties

Glycemic Index:26.79, Glycemic Load:6.28, Inflammation Score:-9, Nutrition Score:24.637825903685%

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 Naringenin: 0.48mg, Naringenin: 0.48mg, Naringenin: 0.48mg, Naringenin: 0.48mg Apigenin: 1.08mg, Apigenin: 1.08mg, Apigenin: 1.08mg, Apigenin: 1.08mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 1.23mg, Quercetin: 1.23mg, Quercetin: 1.23mg, Quercetin: 1.23mg

Nutrients (% of daily need)

Calories: 335.3kcal (16.77%), Fat: 13.82g (21.26%), Saturated Fat: 1.95g (12.19%), Carbohydrates: 47.24g (15.75%), Net Carbohydrates: 36.7g (13.35%), Sugar: 22.81g (25.35%), Cholesterol: 0mg (0%), Sodium: 643.94mg (28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.57g (21.14%), Vitamin K: 91.89µg (87.52%), Vitamin C: 66.6mg (80.73%), Manganese: 0.84mg (42.19%), Fiber: 10.54g (42.17%), Vitamin A: 1696.44IU (33.93%), Vitamin B1: 0.45mg (30.01%), Folate: 111.27µg (27.82%), Potassium: 862.32mg (24.64%), Vitamin B3: 4.81mg (24.07%), Phosphorus: 238.83mg (23.88%), Vitamin B6: 0.47mg (23.63%), Magnesium: 83.97mg (20.99%), Copper: 0.4mg (19.87%), Iron: 3.24mg (17.98%), Vitamin E: 2.53mg (16.85%), Zinc: 2.15mg (14.35%), Vitamin B2: 0.24mg (13.92%), Vitamin B5: 0.92mg (9.18%), Calcium: 68.93mg (6.89%), Selenium: 4.23µg (6.05%)