

Field Pea Dip



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



16

CALORIES



53 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 cups pink-eyed peas fresh
- ☐ 29 ounce less-sodium chicken broth fat-free canned
- ☐ 2 garlic cloves minced
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 6 tablespoons mayonnaise low-fat
- ☐ 2 teaspoons paprika
- ☐ 2 tablespoons pepper vinegar hot (such as Crystal)
- ☐ 2 tablespoons tahini (sesame-seed paste)

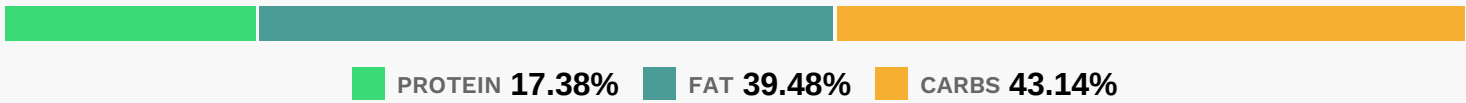
Equipment

- ☐ food processor
- ☐ bowl
- ☐ sauce pan

Directions

- ☐ Combine peas and broth in a large saucepan; bring to a boil. Reduce heat; simmer, partially covered, 30 minutes or until tender.
- ☐ Drain peas.
- ☐ Place peas in a food processor; pulse 10 times or until coarsely chopped.
- ☐ Combine peas, mayonnaise, and next 5 ingredients (mayonnaise through garlic) in a bowl, stirring until blended.
- ☐ Garnish with chives, if desired.

Nutrition Facts



Properties

Glycemic Index:8.19, Glycemic Load:1.36, Inflammation Score:-3, Nutrition Score:3.5613043411918%

Flavonoids

Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 52.81kcal (2.64%), Fat: 2.41g (3.7%), Saturated Fat: 0.36g (2.23%), Carbohydrates: 5.91g (1.97%), Net Carbohydrates: 4.3g (1.56%), Sugar: 1.13g (1.25%), Cholesterol: 0.84mg (0.28%), Sodium: 255.5mg (11.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.38g (4.77%), Folate: 48.03µg (12.01%), Fiber: 1.61g (6.45%), Manganese: 0.12mg (6.1%), Phosphorus: 57.03mg (5.7%), Vitamin B1: 0.08mg (5.36%), Copper: 0.1mg (5.2%), Iron: 0.78mg (4.34%), Vitamin C: 3.34mg (4.05%), Magnesium: 14.82mg (3.71%), Selenium: 2.53µg (3.61%), Vitamin K: 3.65µg (3.48%), Vitamin A: 149.23IU (2.98%), Potassium: 99.63mg (2.85%), Vitamin B3: 0.55mg (2.76%), Zinc: 0.4mg

(2.66%), Vitamin B6: 0.05mg (2.58%), Vitamin B2: 0.03mg (1.77%), Vitamin E: 0.26mg (1.75%), Vitamin B12: 0.1µg (1.71%), Vitamin B5: 0.17mg (1.67%), Calcium: 11.74mg (1.17%)