



Ginger-Miso Sweet Pea Spread



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



20

CALORIES



48 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 3 cups baby peas frozen thawed
- ☐ 0.3 cup canola oil
- ☐ 1 tablespoon ginger fresh finely grated
- ☐ 1 jalapeño minced seeded
- ☐ 2 scallions thinly sliced
- ☐ 3 tablespoons miso yellow

Equipment

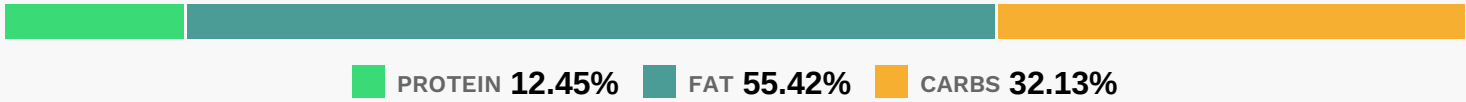
- ☐ food processor

- ☐ bowl
- ☐ frying pan

Directions

- ☐ In a large skillet, heat the oil.
- ☐ Add the scallions, ginger and jalapeo and cook over moderate heat, stirring, until fragrant, about 1 minute.
- ☐ Add the peas and cook, stirring occasionally, until tender, about 3 minutes.
- ☐ Transfer the pea mixture to a food processor and let cool slightly.
- ☐ Add the miso and 1/4 cup of water and puree until smooth. Spoon the spread into a bowl.

Nutrition Facts



Properties

Glycemic Index:9.22, Glycemic Load:1.18, Inflammation Score:-2, Nutrition Score:3.124782608822%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 48.29kcal (2.41%), Fat: 3.05g (4.69%), Saturated Fat: 0.25g (1.56%), Carbohydrates: 3.98g (1.33%), Net Carbohydrates: 2.54g (0.92%), Sugar: 1.45g (1.62%), Cholesterol: 0mg (0%), Sodium: 96.46mg (4.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.54g (3.08%), Vitamin C: 9.77mg (11.85%), Vitamin K: 10.75µg (10.24%), Fiber: 1.44g (5.74%), Manganese: 0.11mg (5.72%), Vitamin B1: 0.06mg (4.09%), Folate: 15.62µg (3.9%), Vitamin A: 188.12IU (3.76%), Vitamin E: 0.55mg (3.67%), Phosphorus: 28.29mg (2.83%), Copper: 0.05mg (2.55%), Vitamin B3: 0.5mg (2.48%), Vitamin B6: 0.05mg (2.3%), Zinc: 0.34mg (2.28%), Iron: 0.4mg (2.25%), Magnesium: 8.9mg (2.22%), Vitamin B2: 0.04mg (2.13%), Potassium: 64.93mg (1.86%)