



Healthy & Delicious: Poblano Black-Eyed Pea Dip

 Vegetarian  Gluten Free

READY IN



30 min.

SERVINGS



7

CALORIES



103 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 teaspoon pepper black freshly ground
- 15 ounce blackeyed peas drained and rinsed canned
- 2 tablespoons cilantro leaves fresh chopped
- 2 teaspoons garlic minced
- 0.8 teaspoon kosher salt
- 0.5 cup cream sour reduced-fat
- 2 medium poblano pepper peeled chopped

0.3 cup onion diced

Equipment

food processor

Directions

In a food processor, pulse chiles until chopped small.

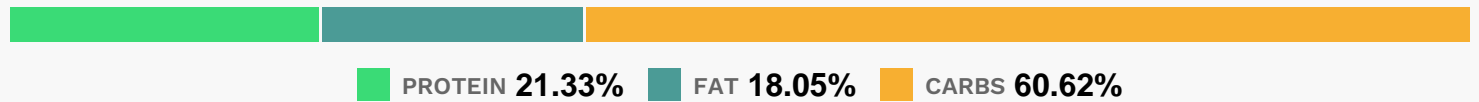
Add black-eyed peas, onion, salt, and pepper. Puree.

Add sour cream. Puree until just incorporated.

Add 1 tablespoon cilantro. Puree until just incorporated. Taste the dip, and adjust seasoning as you see fit.

Serve with remaining 1 tablespoon of cilantro sprinkled on top.

Nutrition Facts



Properties

Glycemic Index:20.71, Glycemic Load:3.74, Inflammation Score:-5, Nutrition Score:8.9069564381371%

Flavonoids

Luteolin: 1.6mg, Luteolin: 1.6mg, Luteolin: 1.6mg, Luteolin: 1.6mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 1.66mg, Quercetin: 1.66mg, Quercetin: 1.66mg, Quercetin: 1.66mg

Nutrients (% of daily need)

Calories: 102.92kcal (5.15%), Fat: 2.13g (3.28%), Saturated Fat: 1.19g (7.44%), Carbohydrates: 16.12g (5.37%), Net Carbohydrates: 11.5g (4.18%), Sugar: 3.15g (3.5%), Cholesterol: 5.75mg (1.92%), Sodium: 266.91mg (11.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.67g (11.35%), Vitamin C: 28.3mg (34.3%), Folate: 132.99µg (33.25%), Fiber: 4.62g (18.47%), Manganese: 0.36mg (17.95%), Phosphorus: 116.25mg (11.63%), Vitamin B1: 0.15mg (10.19%), Copper: 0.19mg (9.75%), Magnesium: 38.13mg (9.53%), Iron: 1.69mg (9.4%), Vitamin B6: 0.16mg (7.93%), Potassium: 275.04mg (7.86%), Zinc: 0.93mg (6.2%), Calcium: 44.39mg (4.44%), Vitamin A: 197.04IU (3.94%), Vitamin K: 4.13µg (3.94%), Vitamin B2: 0.06mg (3.83%), Selenium: 2.18µg (3.12%), Vitamin B5: 0.3mg (2.96%), Vitamin B3: 0.49mg (2.46%), Vitamin E: 0.35mg (2.34%), Vitamin B12: 0.07µg (1.15%)