



WHATSheATE



New Year's Black-Eye Pea Dip



Vegetarian



Gluten Free

READY IN



20 min.

SERVINGS



20

CALORIES



124 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 tablespoon butter
- ☐ 45 ounce black-eyed peas drained canned such as Bush's®
- ☐ 1 large onion chopped
- ☐ 0.5 pound processed cheese cubed velveeta® such as

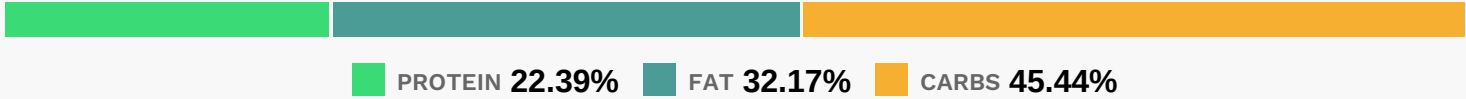
Equipment

- ☐ sauce pan

Directions

☐ Melt butter in a saucepan over medium heat; cook and stir onion in hot butter until translucent, 5 to 8 minutes. Stir black-eyed peas into onion; add processed cheese. Stir until dip is hot and the cheese is melted and smooth, about 5 minutes.

Nutrition Facts



Properties

Glycemic Index:7.25, Glycemic Load:4, Inflammation Score:-4, Nutrition Score:7.6565216753794%

Flavonoids

Isorhamnetin: 0.38mg, Isorhamnetin: 0.38mg, Isorhamnetin: 0.38mg, Isorhamnetin: 0.38mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 1.52mg, Quercetin: 1.52mg, Quercetin: 1.52mg, Quercetin: 1.52mg

Nutrients (% of daily need)

Calories: 124.08kcal (6.2%), Fat: 4.52g (6.95%), Saturated Fat: 2.5g (15.62%), Carbohydrates: 14.36g (4.79%), Net Carbohydrates: 10.09g (3.67%), Sugar: 2.68g (2.98%), Cholesterol: 12.84mg (4.28%), Sodium: 196.84mg (8.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.07g (14.15%), Folate: 135.03µg (33.76%), Phosphorus: 174.54mg (17.45%), Fiber: 4.27g (17.09%), Manganese: 0.32mg (15.87%), Calcium: 135.7mg (13.57%), Magnesium: 37.52mg (9.38%), Iron: 1.69mg (9.38%), Copper: 0.18mg (8.95%), Vitamin B1: 0.13mg (8.94%), Zinc: 1.12mg (7.46%), Potassium: 203.41mg (5.81%), Selenium: 3.93µg (5.61%), Vitamin B6: 0.08mg (3.95%), Vitamin B2: 0.06mg (3.76%), Vitamin B5: 0.32mg (3.18%), Vitamin B12: 0.17µg (2.85%), Vitamin A: 134.37IU (2.69%), Vitamin E: 0.29mg (1.91%), Vitamin B3: 0.33mg (1.67%), Vitamin K: 1.46µg (1.39%)