



## Seasoned Deep-Fried Black-Eyed Peas

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



10 min.

SERVINGS



4

CALORIES



251 kcal

SIDE DISH

### Ingredients

- 1 cup pea-mond dressing frozen thawed
- 2 cups canola oil
- 1 tablespoon seafood seasoning (from 6-oz container)

### Equipment

- paper towels
- sauce pan
- sieve
- skimmer

## Directions

- In deep 2-quart saucepan, heat oil to 325F. Line plate with layers of paper towels to absorb oil after cooking peas.
- Carefully place peas in hot oil; cook 3 to 4 minutes.
- Using wire strainer or skimmer, transfer peas to plate. Immediately sprinkle with seasoning.

## Nutrition Facts

**PROTEIN 5.34%** **FAT 79.71%** **CARBS 14.95%**

## Properties

Glycemic Index:10.25, Glycemic Load:2.51, Inflammation Score:-4, Nutrition Score:6.578695718361%

## Nutrients (% of daily need)

Calories: 250.97kcal (12.55%), Fat: 22.7g (34.93%), Saturated Fat: 1.74g (10.88%), Carbohydrates: 9.58g (3.19%), Net Carbohydrates: 6.67g (2.43%), Sugar: 1.45g (1.61%), Cholesterol: 0mg (0%), Sodium: 1.99mg (0.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.42g (6.84%), Vitamin E: 4.05mg (27.02%), Vitamin K: 24.76µg (23.58%), Folate: 90.82µg (22.7%), Manganese: 0.27mg (13.64%), Fiber: 2.91g (11.63%), Iron: 1.43mg (7.96%), Phosphorus: 68.79mg (6.88%), Magnesium: 25.03mg (6.26%), Copper: 0.12mg (6.18%), Vitamin B1: 0.09mg (5.97%), Zinc: 0.59mg (3.91%), Potassium: 126.38mg (3.61%), Vitamin B6: 0.06mg (2.81%), Calcium: 20.28mg (2.03%), Vitamin B5: 0.18mg (1.77%), Selenium: 1.15µg (1.64%), Vitamin B2: 0.03mg (1.5%), Vitamin B3: 0.24mg (1.21%)