



## Sweet Pea Mockamole

 Vegetarian  Vegan  Gluten Free  Dairy Free  Popular

READY IN



10 min.

SERVINGS



12

CALORIES



23 kcal

SIDE DISH

### Ingredients

- 1 large clove garlic chopped
- 1 teaspoon ground cumin
- 12 servings salt and ground pepper black to taste
- 1 tablespoon juice of lemon
- 1 tablespoon olive oil
- 3 tablespoons onion chopped
- 1 cup peas green frozen thawed drained
- 0.5 teaspoon pepper flakes red to taste

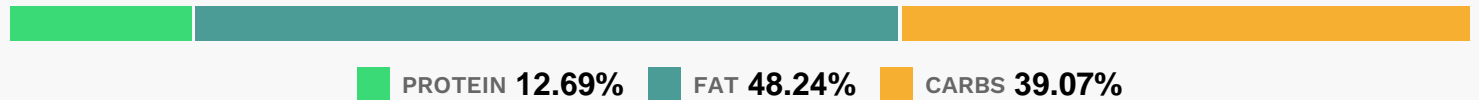
## Equipment

- food processor
- bowl
- blender

## Directions

- Combine the peas, cumin, onion, and garlic in the container of a food processor or blender. Process until smooth.
- Add lemon juice and olive oil, and process just to blend. Taste and season with red pepper flakes, salt and pepper. Blend for just a few more seconds, and transfer to a serving bowl.
- Serve with chips, crackers, or fresh veggies.

## Nutrition Facts



## Properties

Glycemic Index:11.53, Glycemic Load:0.56, Inflammation Score:-2, Nutrition Score:1.7243478343539%

## Flavonoids

Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.52mg, Quercetin: 0.52mg, Quercetin: 0.52mg, Quercetin: 0.52mg

## Nutrients (% of daily need)

Calories: 22.86kcal (1.14%), Fat: 1.27g (1.96%), Saturated Fat: 0.18g (1.11%), Carbohydrates: 2.32g (0.77%), Net Carbohydrates: 1.51g (0.55%), Sugar: 0.84g (0.93%), Cholesterol: 0mg (0%), Sodium: 2.45mg (0.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.75g (1.51%), Vitamin C: 5.59mg (6.78%), Manganese: 0.08mg (3.84%), Vitamin K: 3.97µg (3.78%), Fiber: 0.81g (3.25%), Vitamin A: 119.96IU (2.4%), Vitamin B1: 0.04mg (2.36%), Folate: 8.64µg (2.16%), Iron: 0.33mg (1.83%), Phosphorus: 15.5mg (1.55%), Vitamin E: 0.22mg (1.5%), Vitamin B6: 0.03mg (1.49%), Vitamin B3: 0.28mg (1.38%), Copper: 0.03mg (1.34%), Magnesium: 5.28mg (1.32%), Potassium: 41.37mg (1.18%), Zinc: 0.17mg (1.14%), Vitamin B2: 0.02mg (1.09%)