



## Southern Caviar Dip

### Ingredients

- 1 14.5 oz Can Glory Foods® Sensibly Seasoned Blackeye Peas, drained
- 1/4 Cup Red bell pepper, diced 1/4"
- 1/4 Cup Green onions, sliced 1/8"
- 1 tsp. Pickled Jalapeno peppers, minced
- 1 tsp. Fresh garlic, minced
- 1/4 tsp. Cumin, ground
- 1/4 tsp. Black pepper, ground
- 1 tsp. Lime juice
- 1 Tbl. Fresh cilantro leaves, minced

Prepared tortillas chips or fresh vegetables for dipping

### Directions:

1. Place Blackeye Peas in a colander or strainer and allow to drain briefly.
2. Combine the drained blackeye's with all of the other ingredients in a bowl or small casserole and mix
3. Cover and refrigerate for 2-4 hours to allow the best flavor to develop.
4. Serve with your favorite chips or fresh vegetables.

**Nutrition note: Dip yield is 2 cups.**

### Nutrition Facts

Serving Size About 4 Tbl  
(82g)  
Servings Per Container

Amount Per Serving

**Calories 60**      **Calories from Fat 5**

% Daily Value\*

**Total Fat 0g**      **0%**

Saturated Fat 0g      **0%**

Trans Fat 0g

**Cholesterol 0mg**      **0%**

**Sodium 150mg**      **6%**

**Total Carbohydrate 11g**      **4%**

Dietary Fiber 2g      **8%**

Sugars 2g

**Protein 4g**

Vitamin A 6%      • Vitamin C 25%

Calcium 2%      • Iron 8%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		Calories	2,000	2,500
Total Fat	Less Than	65g	80g	
Saturated Fat	Less Than	20g	25g	
Cholesterol	Less Than	300mg	300mg	
Sodium	Less Than	2,400mg	2,400mg	
Total Carbohydrate		300g	375g	
Dietary Fiber		25g	30g	

Calories per gram:  
Fat 9 • Carbohydrate 4 • Protein 4