

Cheesy Black Eyed Pea Dip

Yield: 8 min
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/black-eyed-pea-dip-recipe-with-italian-dressing>

Ingredients:

- unsalted butter
- onion
- Velveeta Mexican-style, or regular
- black eyed peas canned
- fresh jalapeño peppers
- mild green chiles canned chopped
- garlic salt
- green onions
- 1/2 cup unsalted butter
- 1/2 medium onion chopped
- 16 ounces Velveeta Mexican-style, use regular if you can't find Mexican
- 30 ounces black-eyed peas rinsed and drained
- 2 jalapeño peppers medium, seeded, ribs removed and diced
- 4 ounces chopped green chiles drained
- 1 bunch green onions chopped
- 1/2 teaspoon garlic salt

Nutrition:

1. Calories: 670 calories
2. Carbohydrate: 73 grams
3. Cholesterol: 80 milligrams
4. Fat: 27 grams
5. Fiber: 1 grams
6. Protein: 35 grams
7. SaturatedFat: 17 grams
8. Sodium: 870 milligrams
9. Sugar: 6 grams

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