



Crab Hoppin' John

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



4

CALORIES



252 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup black-eyed peas fresh cooked
- 0.3 teaspoon pepper black
- 0.5 cup celery chopped
- 1.5 cups rice long-grain cooked
- 2 tablespoons parsley fresh chopped
- 1 Dash hot sauce
- 0.3 cup juice of lemon fresh
- 0.5 pound lump crab meat

- 2 tablespoons olive oil extra-virgin
- 0.5 cup onion red chopped
- 0.5 teaspoon salt
- 2 inch tomatoes

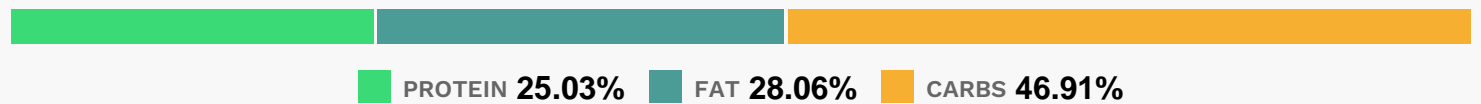
Equipment

- bowl

Directions

- Combine all ingredients except tomato in a bowl; toss gently to coat.
- Serve with tomato slices.

Nutrition Facts



Properties

Glycemic Index:77.75, Glycemic Load:20.96, Inflammation Score:-6, Nutrition Score:19.088260878687%

Flavonoids

Eriodictyol: 0.99mg, Eriodictyol: 0.99mg, Eriodictyol: 0.99mg, Eriodictyol: 0.99mg Hesperetin: 2.94mg, Hesperetin: 2.94mg, Hesperetin: 2.94mg, Hesperetin: 2.94mg Naringenin: 0.29mg, Naringenin: 0.29mg, Naringenin: 0.29mg, Naringenin: 0.29mg Apigenin: 4.68mg, Apigenin: 4.68mg, Apigenin: 4.68mg, Apigenin: 4.68mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg Quercetin: 4.2mg, Quercetin: 4.2mg, Quercetin: 4.2mg, Quercetin: 4.2mg

Nutrients (% of daily need)

Calories: 251.92kcal (12.6%), Fat: 7.85g (12.07%), Saturated Fat: 1.15g (7.18%), Carbohydrates: 29.52g (9.84%), Net Carbohydrates: 25.77g (9.37%), Sugar: 3.03g (3.37%), Cholesterol: 23.81mg (7.94%), Sodium: 780.11mg (33.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.75g (31.5%), Vitamin B12: 5.1µg (85.05%), Vitamin K: 41.83µg (39.84%), Selenium: 26.34µg (37.62%), Copper: 0.7mg (35%), Folate: 131.83µg (32.96%), Zinc: 4.3mg (28.7%), Manganese: 0.57mg (28.32%), Phosphorus: 228.85mg (22.89%), Vitamin C: 16.73mg (20.28%), Magnesium: 63.65mg (15.91%), Fiber: 3.75g (14.99%), Vitamin B6: 0.23mg (11.45%), Potassium: 354.83mg (10.14%), Iron: 1.8mg (9.98%), Vitamin B1: 0.14mg (9.48%), Vitamin E: 1.24mg (8.29%), Vitamin B5: 0.7mg (6.99%), Vitamin B3: 1.19mg

(5.95%), Calcium: 56.89mg (5.69%), Vitamin A: 258.15IU (5.16%), Vitamin B2: 0.07mg (4.34%)