



Easy Hoppin' John

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

READY IN



45 min.

SERVINGS



8

CALORIES



514 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 pound beef sausage smoked cut into bite-size pieces
- 45 ounce black-eyed peas rinsed drained canned
- 0.5 teaspoon cayenne pepper to taste
- 21.5 ounce chicken stock see low sodium canned
- 2 cups rice instant uncooked
- 1 small onion chopped
- 1 cup water

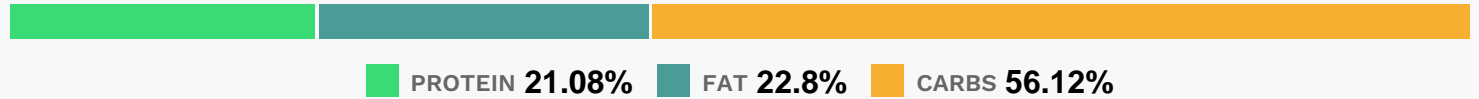
Equipment

sauce pan

Directions

Place the sausage and onion into a large saucepan over medium heat, and cook and stir until the sausage begins to brown, about 10 minutes. Stir in the black-eyed peas, chicken stock, water, and cayenne pepper, and bring to a boil. Stir in the rice, cover, and cook, stirring occasionally, until the rice is tender, 20 to 25 minutes.

Nutrition Facts



Properties

Glycemic Index:20.15, Glycemic Load:31.77, Inflammation Score:-7, Nutrition Score:23.792608706847%

Flavonoids

Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 1.78mg, Quercetin: 1.78mg, Quercetin: 1.78mg, Quercetin: 1.78mg

Nutrients (% of daily need)

Calories: 513.9kcal (25.69%), Fat: 12.98g (19.97%), Saturated Fat: 4.8g (29.99%), Carbohydrates: 71.88g (23.96%), Net Carbohydrates: 60.74g (22.09%), Sugar: 5.8g (6.45%), Cholesterol: 40.26mg (13.42%), Sodium: 71.4mg (3.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.99g (53.99%), Folate: 341.15µg (85.29%), Manganese: 1.28mg (64.01%), Fiber: 11.15g (44.6%), Phosphorus: 417.3mg (41.73%), Zinc: 5.03mg (33.52%), Iron: 5.66mg (31.45%), Copper: 0.61mg (30.56%), Selenium: 19.53µg (27.9%), Magnesium: 107.84mg (26.96%), Vitamin B1: 0.38mg (25.55%), Vitamin B3: 4.99mg (24.95%), Vitamin B6: 0.44mg (21.98%), Vitamin B12: 1.29µg (21.49%), Potassium: 730.41mg (20.87%), Vitamin B5: 1.42mg (14.2%), Vitamin B2: 0.22mg (12.98%), Calcium: 67.56mg (6.76%), Vitamin E: 0.77mg (5.13%), Vitamin K: 3.91µg (3.73%), Vitamin C: 1.38mg (1.67%), Vitamin A: 76.11IU (1.52%)