



Hoppin John



Vegetarian



Gluten Free

READY IN



25 min.

SERVINGS



8

CALORIES



186 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 cups black-eye peas cooked
- ☐ 0.3 cup pepper black
- ☐ 2 tablespoons butter
- ☐ 2 cups rice cooked
- ☐ 8 sprigs parsley fresh for garnish
- ☐ 0.3 cup garlic powder
- ☐ 8 servings garlic powder
- ☐ 1 small onion chopped

- ☐ 1 small bell pepper red chopped
- ☐ 1 cup salt

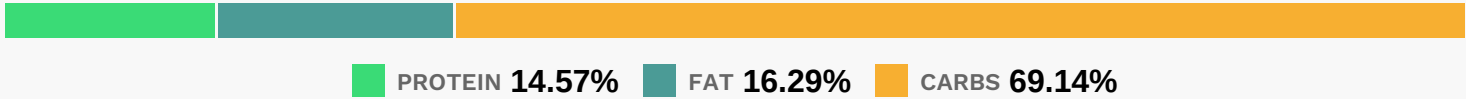
Equipment

- ☐ frying pan

Directions

- ☐ Melt the butter in a large skillet over medium heat.
- ☐ Add onion, bell pepper, and garlic powder, to taste, and cook for 5 minutes.
- ☐ Add peas and rice and cook an additional 10 to 15 minutes. Be careful not to overcook; this dish is best if the bell pepper and onion still have a crunch to them.
- ☐ Add House Seasoning, to taste.
- ☐ Garnish each serving with sprig of parsley.
- ☐ Mix ingredients together and store in an airtight container for up to 6 months.

Nutrition Facts



Properties

Glycemic Index:41.63, Glycemic Load:16.02, Inflammation Score:-7, Nutrition Score:13.839565322775%

Flavonoids

Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 1.8mg, Quercetin: 1.8mg, Quercetin: 1.8mg, Quercetin: 1.8mg

Nutrients (% of daily need)

Calories: 185.55kcal (9.28%), Fat: 3.54g (5.44%), Saturated Fat: 2.03g (12.68%), Carbohydrates: 33.78g (11.26%), Net Carbohydrates: 27.65g (10.05%), Sugar: 2.51g (2.79%), Cholesterol: 7.53mg (2.51%), Sodium: 14180.28mg (616.53%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.12g (14.24%), Manganese: 1.5mg (74.75%), Vitamin K: 30.01µg (28.58%), Folate: 104.31µg (26.08%), Fiber: 6.13g (24.54%), Vitamin C: 14.11mg (17.11%), Copper: 0.31mg (15.68%), Vitamin B6: 0.31mg (15.58%), Iron: 2.7mg (15.03%), Phosphorus: 145.14mg (14.51%), Magnesium: 51.1mg

(12.77%), Potassium: 397.21mg (11.35%), Vitamin B1: 0.16mg (10.53%), Vitamin A: 508.39IU (10.17%), Selenium: 7.01µg (10.01%), Zinc: 1.24mg (8.24%), Calcium: 68.87mg (6.89%), Vitamin B5: 0.56mg (5.59%), Vitamin B2: 0.07mg (4.07%), Vitamin E: 0.52mg (3.46%), Vitamin B3: 0.65mg (3.27%)