



Hoppin' John

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

READY IN



80 min.

SERVINGS



8

CALORIES



329 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 lb pea-mond dressing dried rinsed
- 1 tablespoon vegetable oil
- 1 medium onion chopped
- 2 stalks celery chopped
- 3 cloves garlic minced
- 1 pork hock smoked chopped
- 32 oz chicken broth (4 cups)
- 1 can canned tomatoes diced with green chiles, undrained (10 to 14.5 oz)

- 1 bay leaves dried
- 1 serving salt to taste
- 6 cups rice white hot cooked

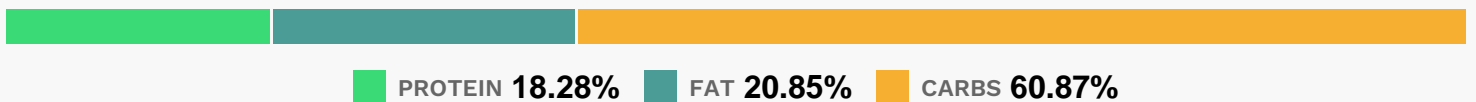
Equipment

- dutch oven

Directions

- Sort and rinse peas. Soak peas in enough water to cover at least 8 hours or overnight.
- Drain and rinse soaked peas; set aside. In 4- to 6-quart Dutch oven, heat oil over medium heat.
- Add onion and celery; sauté about 5 minutes or until onion is translucent.
- Add garlic; sauté about 2 minutes or until fragrant.
- Add ham hock, broth, tomatoes and bay leaf.
- Heat to boiling. Reduce heat to simmer; stir in soaked peas.
- Add salt to taste. Cook 50 to 60 minutes or until peas are tender.
- Remove and discard bay leaf.
- Remove ham hock.
- Remove ham from bone; discard bone. Shred ham; return to Dutch oven and stir.
- Serve over hot cooked rice.

Nutrition Facts



Properties

Glycemic Index:29.88, Glycemic Load:39.62, Inflammation Score:-5, Nutrition Score:12.182608775471%

Flavonoids

Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin:

0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.85mg, Quercetin: 2.85mg, Quercetin: 2.85mg, Quercetin: 2.85mg

Nutrients (% of daily need)

Calories: 328.7kcal (16.44%), Fat: 7.56g (11.63%), Saturated Fat: 2.27g (14.19%), Carbohydrates: 49.67g (16.56%), Net Carbohydrates: 44.58g (16.21%), Sugar: 4.37g (4.85%), Cholesterol: 25.43mg (8.48%), Sodium: 515.39mg (22.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.92g (29.84%), Manganese: 0.97mg (48.41%), Folate: 131.87µg (32.97%), Fiber: 5.09g (20.38%), Phosphorus: 161.83mg (16.18%), Selenium: 11.08µg (15.83%), Copper: 0.3mg (14.92%), Iron: 2.66mg (14.76%), Magnesium: 53.83mg (13.46%), Vitamin B6: 0.26mg (13.1%), Vitamin B1: 0.2mg (13.06%), Potassium: 444.74mg (12.71%), Zinc: 1.51mg (10.09%), Vitamin B2: 0.15mg (8.97%), Vitamin K: 8.58µg (8.18%), Vitamin B5: 0.81mg (8.14%), Vitamin C: 6.69mg (8.11%), Vitamin B3: 1.42mg (7.12%), Calcium: 59.49mg (5.95%), Vitamin E: 0.77mg (5.14%), Vitamin A: 116.93IU (2.34%)