



 **28%**
HEALTH SCORE

Hoppin' John

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

READY IN



45 min.

SERVINGS



4

CALORIES



914 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 10 ounces pea-mond dressing frozen
- 0.1 teaspoon ground pepper
- 3 cups chicken broth low-sodium homemade canned
- 0.5 pound collard greens shredded washed well
- 3 tablespoons cooking oil
- 0.3 teaspoon pepper black
- 0.5 pound andouille smoked halved lengthwise
- 1 onion chopped

- 1.5 cups rice long-grain
- 1.5 cups rice long-grain
- 1.8 teaspoons salt
- 4 spring onion white green sliced cut into 1/2-inch pieces

Equipment

- sauce pan
- dutch oven

Directions

- In a large saucepan or Dutch oven, heat the oil over moderately low heat.
- Add the onion and the scallion bulbs and cook, stirring occasionally, until the onion is translucent, about 5 minutes.
- Add the collard greens, salt, black pepper, and cayenne and cook, stirring, until the greens wilt, about 1 minute.
- Increase the heat to moderately high.
- Add the sausage, black-eyed peas, and rice and cook, stirring, for 30 seconds. Stir in the broth and bring to a simmer. Reduce the heat to low and cook, covered, until the rice is tender and all the liquid is absorbed, about 20 minutes.
- Remove from the heat and stir in the scallion tops.
- Wine Recommendation: The robust flavors of Hoppin' John call for an equally assertive wine. Go for a brash, full-bodied red zinfandel from California. Its spicy blackberry richness is easily up to the task.
- Notes: Collard greens braised to melting softness in the Southern style (slow-simmered with plenty of pork) are truly delicious, but the greens don't actually have to cook for hours. In twenty minutes they'll be just tender.

Nutrition Facts



Properties

Glycemic Index:71.59, Glycemic Load:71.68, Inflammation Score:-10, Nutrition Score:35.223043478261%

Flavonoids

Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 5.3mg, Kaempferol: 5.3mg, Kaempferol: 5.3mg, Kaempferol: 5.3mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 8.32mg, Quercetin: 8.32mg, Quercetin: 8.32mg, Quercetin: 8.32mg

Nutrients (% of daily need)

Calories: 913.95kcal (45.7%), Fat: 28.32g (43.57%), Saturated Fat: 6.71g (41.92%), Carbohydrates: 135.53g (45.18%), Net Carbohydrates: 126.02g (45.83%), Sugar: 4.45g (4.94%), Cholesterol: 40.26mg (13.42%), Sodium: 1573.78mg (68.43%), Protein: 28.01g (56.02%), Vitamin K: 281.81µg (268.39%), Manganese: 2.31mg (115.74%), Folate: 246.92µg (61.73%), Vitamin A: 3003.24IU (60.06%), Selenium: 31.11µg (44.45%), Phosphorus: 410.86mg (41.09%), Fiber: 9.51g (38.03%), Vitamin B3: 7.35mg (36.74%), Copper: 0.67mg (33.45%), Vitamin C: 24.64mg (29.86%), Vitamin B1: 0.44mg (29.19%), Vitamin B6: 0.55mg (27.41%), Zinc: 4.02mg (26.79%), Magnesium: 101.62mg (25.4%), Iron: 4.36mg (24.2%), Vitamin E: 3.56mg (23.74%), Potassium: 813.14mg (23.23%), Calcium: 214.69mg (21.47%), Vitamin B5: 2.14mg (21.44%), Vitamin B2: 0.35mg (20.47%), Vitamin B12: 1.03µg (17.22%), Vitamin D: 0.62µg (4.16%)