



HEALTH SCORE

96%

Hoppin' John



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



6

CALORIES



290 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 32 ounce pea-mond dressing frozen
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 14.5 ounce canned tomatoes diced with pepper, celery, and onion, undrained canned
- ☐ 1 chicken stock cube
- ☐ 1.3 cups spring onion divided sliced
- ☐ 2 teaspoons hot sauce
- ☐ 2 tablespoons jalapeno minced seeded
- ☐ 0.8 cup bell pepper red chopped

- ☐ 0.7 cup rice uncooked
- ☐ 0.3 teaspoon salt
- ☐ 1 tablespoon tomato paste
- ☐ 2 cups water hot

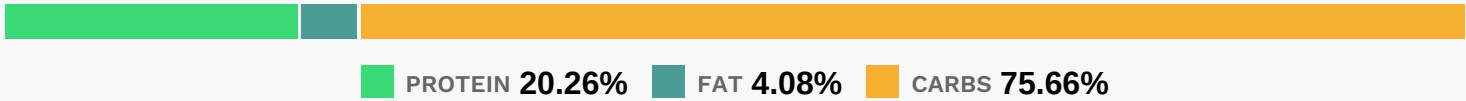
Equipment

- ☐ slow cooker

Directions

- ☐ Place peas, 3/4 cup green onions, 2 cups hot water, and next 6 ingredients (through bouillon) in a 4-quart electric slow cooker; stir well. Cover and cook on HIGH for 4 hours. Stir in tomatoes, tomato paste, and rice; cover and cook on HIGH for 1 hour or until peas and rice are tender and most of liquid is absorbed. Stir in remaining 1/2 cup green onions.

Nutrition Facts



Properties

Glycemic Index:52.2, Glycemic Load:20.93, Inflammation Score:-9, Nutrition Score:25.475217416154%

Flavonoids

Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg Quercetin: 2.52mg, Quercetin: 2.52mg, Quercetin: 2.52mg, Quercetin: 2.52mg

Nutrients (% of daily need)

Calories: 289.62kcal (14.48%), Fat: 1.36g (2.09%), Saturated Fat: 0.32g (2.02%), Carbohydrates: 56.5g (18.83%), Net Carbohydrates: 43.89g (15.96%), Sugar: 9.96g (11.07%), Cholesterol: 0.09mg (0.03%), Sodium: 418.07mg (18.18%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.13g (30.26%), Folate: 348.92µg (87.23%), Manganese: 1.15mg (57.34%), Vitamin C: 42.18mg (51.13%), Fiber: 12.6g (50.42%), Vitamin K: 51.66µg (49.2%), Copper: 0.62mg (31.12%), Phosphorus: 298.88mg (29.89%), Iron: 5.35mg (29.74%), Magnesium: 108.62mg (27.16%), Vitamin B1: 0.4mg (26.5%), Potassium: 786.05mg (22.46%), Vitamin A: 1058.03IU (21.16%), Vitamin B6: 0.38mg (19.21%), Zinc: 2.52mg (16.82%), Vitamin E: 2.01mg (13.4%), Vitamin B3: 2.37mg (11.87%), Vitamin B5: 1.12mg (11.21%), Selenium: 7.79µg (11.13%), Vitamin B2: 0.17mg (10.18%), Calcium: 87.35mg (8.73%)