



Hoppin' John



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



301 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons add carrot and onion to bacon fat . cook
- ☐ 2 bay leaves
- ☐ 16 ounce black-eyed peas dried
- ☐ 1 chicken bouillon cube
- ☐ 10 servings rice white hot cooked
- ☐ 0.5 teaspoon thyme leaves dried
- ☐ 1 teaspoon garlic minced
- ☐ 0.8 pound ham hocks

- ☐ 1 large onion cut into wedges
- ☐ 1 teaspoon pepper
- ☐ 0.5 teaspoon pepper dried red crushed
- ☐ 1 teaspoon salt
- ☐ 4 cups water

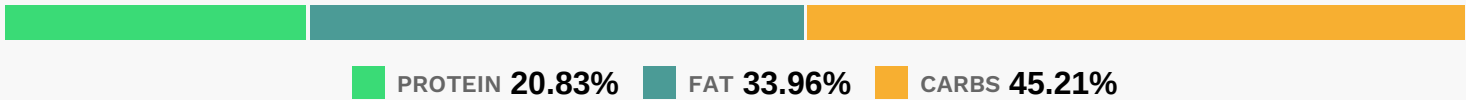
Equipment

- ☐ frying pan
- ☐ dutch oven

Directions

- ☐ Bring dried black-eyed peas and water to cover to a boil in a Dutch oven; remove from heat, and let stand 1 hour.
- ☐ Drain.
- ☐ Remove skin from ham hocks. Chop meat from ham hocks, reserving bones.
- ☐ Saut meat in hot bacon drippings in a large skillet over medium-high heat 3 minutes or until slightly browned.
- ☐ Combine peas, meat, bones, 4 cups water, and next 8 ingredients in Dutch oven. Bring to a boil; reduce heat and simmer, gently stirring occasionally, 1 to 1 1/2 hours or until peas are tender.
- ☐ Remove and discard bones.
- ☐ Serve over rice.

Nutrition Facts



Properties

Glycemic Index:23.9, Glycemic Load:26.93, Inflammation Score:-4, Nutrition Score:7.6178261736489%

Flavonoids

Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.05mg, Quercetin: 3.05mg, Quercetin: 3.05mg, Quercetin: 3.05mg

Nutrients (% of daily need)

Calories: 300.52kcal (15.03%), Fat: 11.17g (17.19%), Saturated Fat: 4.13g (25.84%), Carbohydrates: 33.47g (11.16%), Net Carbohydrates: 29.83g (10.85%), Sugar: 2.25g (2.5%), Cholesterol: 39.79mg (13.26%), Sodium: 427mg (18.57%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.41g (30.83%), Manganese: 0.65mg (32.33%), Folate: 99.94µg (24.98%), Fiber: 3.63g (14.54%), Iron: 2mg (11.1%), Phosphorus: 110.94mg (11.09%), Selenium: 7.32µg (10.46%), Copper: 0.2mg (10.12%), Magnesium: 36.9mg (9.22%), Potassium: 308.11mg (8.8%), Vitamin B1: 0.12mg (7.74%), Vitamin B6: 0.14mg (7.21%), Zinc: 1.03mg (6.83%), Vitamin B5: 0.52mg (5.21%), Calcium: 35.64mg (3.56%), Vitamin B3: 0.59mg (2.93%), Vitamin B2: 0.04mg (2.52%), Vitamin K: 2.13µg (2.03%), Vitamin C: 1.42mg (1.73%), Vitamin E: 0.22mg (1.5%)