

Hoppin' John



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



188 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 6 slices bacon chopped
- ☐ 0.3 cup basil pesto
- ☐ 4 cups rice hot cooked
- ☐ 8 sprigs thyme leaves fresh
- ☐ 1 large onion chopped
- ☐ 4 cups field peas fresh shelled
- ☐ 0.5 teaspoon pepper freshly ground
- ☐ 1 tablespoon salt

- ☐ 1 teaspoon salt
- ☐ 4 cups tomatoes diced seeded

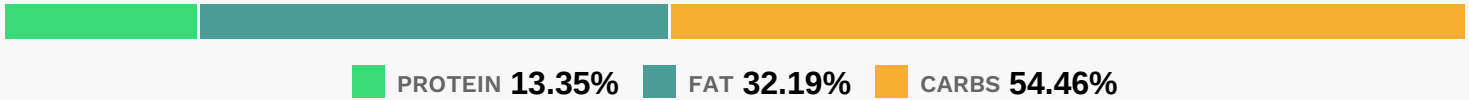
Equipment

- ☐ dutch oven

Directions

- ☐ Cook bacon in a Dutch oven over medium heat until crisp.
- ☐ Add onion; saut 7 minutes or until tender.
- ☐ Add peas, thyme, and salt. Cover with water. Bring to a boil; cover, reduce heat, and simmer 30 minutes or until peas are tender.
- ☐ Drain.
- ☐ Combine pea mixture and remaining ingredients.

Nutrition Facts



Properties

Glycemic Index:24.61, Glycemic Load:18.61, Inflammation Score:-8, Nutrition Score:10.093912994084%

Flavonoids

Naringenin: 0.34mg, Naringenin: 0.34mg, Naringenin: 0.34mg, Naringenin: 0.34mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 2.83mg, Quercetin: 2.83mg, Quercetin: 2.83mg, Quercetin: 2.83mg

Nutrients (% of daily need)

Calories: 188.3kcal (9.42%), Fat: 6.74g (10.38%), Saturated Fat: 1.89g (11.82%), Carbohydrates: 25.67g (8.56%), Net Carbohydrates: 21.69g (7.89%), Sugar: 4.77g (5.3%), Cholesterol: 7.67mg (2.56%), Sodium: 902.29mg (39.23%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.29g (12.59%), Vitamin C: 28.13mg (34.1%), Manganese: 0.54mg (27.24%), Vitamin A: 924.08IU (18.48%), Fiber: 3.97g (15.89%), Vitamin K: 16.1µg (15.33%), Vitamin B1: 0.19mg (12.93%), Vitamin B6: 0.22mg (10.86%), Folate: 43.14µg (10.78%), Phosphorus: 107.07mg (10.71%), Selenium: 7.1µg (10.14%), Vitamin B3: 1.99mg (9.93%), Potassium: 299.43mg (8.56%), Copper: 0.17mg (8.28%), Magnesium: 31.53mg (7.88%), Zinc: 1.11mg (7.39%), Iron: 1.18mg (6.57%), Vitamin B2: 0.1mg (5.63%), Vitamin B5: 0.38mg (3.8%), Calcium:

37.61mg (3.76%), Vitamin E: 0.4mg (2.69%)