



Hoppin' John



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



15

CALORIES



105 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 tablespoons add carrot and onion to bacon fat . cook
- ☐ 2 cups black-eyed peas cooked drained
- ☐ 8.5 oz jasmine rice ready-to-serve
- ☐ 15 servings salt and pepper to taste
- ☐ 1 cup onion diced sweet

Equipment

- ☐ frying pan

Directions

- ☐ Saut diced onion in bacon drippings in a large skillet over medium-high heat 5 minutes or until golden. Stir in rice and black-eyed peas; cook, stirring gently, 5 minutes or until thoroughly heated.
- ☐ Add salt and pepper to taste.

Nutrition Facts



Properties

Glycemic Index:6.81, Glycemic Load:9.07, Inflammation Score:-2, Nutrition Score:3.5134782651844%

Flavonoids

Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 1.55mg, Quercetin: 1.55mg, Quercetin: 1.55mg

Nutrients (% of daily need)

Calories: 105.4kcal (5.27%), Fat: 2.09g (3.22%), Saturated Fat: 0.79g (4.93%), Carbohydrates: 18.41g (6.14%), Net Carbohydrates: 16.61g (6.04%), Sugar: 1.31g (1.46%), Cholesterol: 1.77mg (0.59%), Sodium: 199.16mg (8.66%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3g (6.01%), Manganese: 0.29mg (14.62%), Folate: 51.44µg (12.86%), Fiber: 1.8g (7.18%), Phosphorus: 57.13mg (5.71%), Copper: 0.1mg (5.15%), Selenium: 3.05µg (4.36%), Magnesium: 17.14mg (4.28%), Vitamin B1: 0.06mg (4.13%), Iron: 0.73mg (4.08%), Zinc: 0.49mg (3.25%), Vitamin B6: 0.06mg (3.16%), Potassium: 94.96mg (2.71%), Vitamin B5: 0.27mg (2.68%), Vitamin B3: 0.38mg (1.92%), Vitamin B2: 0.02mg (1.33%), Calcium: 12.26mg (1.23%)