



Hoppin' John



Gluten Free



Dairy Free

READY IN



250 min.

SERVINGS



4

CALORIES



726 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 31 oz black-eyed peas drained and rinsed canned
- ☐ 2 carrots peeled chopped
- ☐ 1 stalk celery chopped
- ☐ 2.5 cups rice white cooked
- ☐ 4 servings hot sauce
- ☐ 1.3 cup onion chopped
- ☐ 4 servings salt and pepper
- ☐ 12 oz ham hock smoked

☐ 1 tablespoon vegetable oil

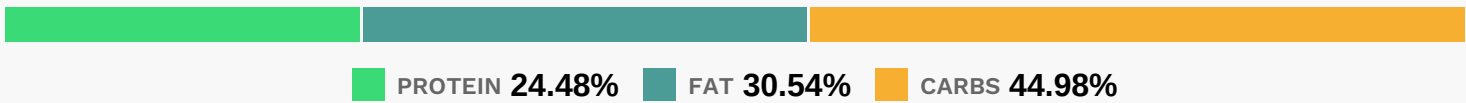
Equipment

- ☐ frying pan
- ☐ slow cooker

Directions

- ☐ Warm oil in a large skillet over medium-high heat.
- ☐ Add carrots, onion and celery. Cook, stirring often, until slightly tender, 3 to 5 minutes. Stir in peas and 1 cup water. Bring to a boil, scraping up any cooked bits.
- ☐ Put ham in a slow cooker and pour pea mixture over it. Cook on low for 4 to 6 hours.
- ☐ Remove ham and set aside. Season pea mixture with salt and pepper. When ham is cool enough to handle, shred it; discard fat, gristle and bone. Stir meat into peas and spoon over rice. If desired, sprinkle with hot sauce.

Nutrition Facts



Properties

Glycemic Index:63.96, Glycemic Load:44.78, Inflammation Score:-10, Nutrition Score:30.680869496387%

Flavonoids

Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Isorhamnetin: 2.51mg, Isorhamnetin: 2.51mg, Isorhamnetin: 2.51mg, Isorhamnetin: 2.51mg Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 10.25mg, Quercetin: 10.25mg, Quercetin: 10.25mg, Quercetin: 10.25mg

Nutrients (% of daily need)

Calories: 726.17kcal (36.31%), Fat: 24.54g (37.76%), Saturated Fat: 8.16g (51.01%), Carbohydrates: 81.32g (27.11%), Net Carbohydrates: 64.78g (23.56%), Sugar: 11g (12.22%), Cholesterol: 92.7mg (30.9%), Sodium: 449.88mg (19.56%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 44.27g (88.54%), Folate: 478.86µg (119.71%), Vitamin A: 5174.35IU (103.49%), Manganese: 1.63mg (81.43%), Fiber: 16.54g (66.16%), Phosphorus: 412.79mg (41.28%), Iron: 7.31mg (40.61%), Copper: 0.69mg (34.69%), Magnesium: 138.07mg (34.52%), Vitamin B1: 0.51mg (33.92%), Potassium: 1154.27mg (32.98%), Zinc: 3.49mg (23.27%), Vitamin B6: 0.42mg (21.06%), Selenium: 13.22µg (18.89%),

Vitamin K: 17.15µg (16.33%), Vitamin B5: 1.46mg (14.58%), Calcium: 105.31mg (10.53%), Vitamin B2: 0.17mg (10.04%),
Vitamin B3: 1.87mg (9.36%), Vitamin C: 6.76mg (8.2%), Vitamin E: 1.17mg (7.81%)