



Hoppin' John



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



661 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 10 ounces black-eyed peas frozen
- ☐ 0.1 teaspoon cayenne
- ☐ 3 cups chicken broth low-sodium homemade canned
- ☐ 0.5 pound collard greens shredded washed well
- ☐ 3 tablespoons cooking oil
- ☐ 0.3 teaspoon fresh-ground pepper black
- ☐ 0.5 pound kielbasa smoked halved lengthwise
- ☐ 1 onion chopped

- ☐ 1.5 cups rice long-grain
- ☐ 1.8 teaspoons salt
- ☐ 4 scallions white green sliced cut into 1/2-inch pieces

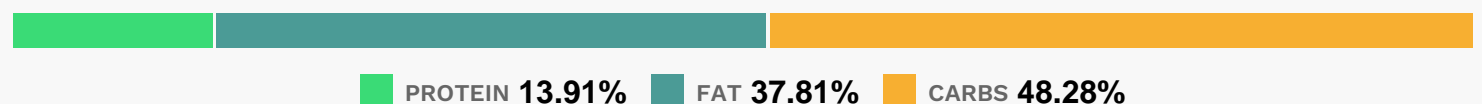
Equipment

- ☐ sauce pan
- ☐ dutch oven

Directions

- ☐ In a large saucepan or Dutch oven, heat the oil over moderately low heat.
- ☐ Add the onion and the scallion bulbs and cook, stirring occasionally, until the onion is translucent, about 5 minutes.
- ☐ Add the collard greens, salt, black pepper, and cayenne and cook, stirring, until the greens wilt, about 1 minute.
- ☐ Increase the heat to moderately high.
- ☐ Add the sausage, black-eyed peas, and rice and cook, stirring, for 30 seconds. Stir in the broth and bring to a simmer. Reduce the heat to low and cook, covered, until the rice is tender and all the liquid is absorbed, about 20 minutes.
- ☐ Remove from the heat and stir in the scallion tops.
- ☐ Wine Recommendation: The robust flavors of Hoppin' John call for an equally assertive wine. Go for a brash, full-bodied red zinfandel from California. Its spicy blackberry richness is easily up to the task.
- ☐ Notes: Collard greens braised to melting softness in the Southern style (slow-simmered with plenty of pork) are truly delicious, but the greens don't actually have to cook for hours. In twenty minutes they'll be just tender.

Nutrition Facts



Properties

Glycemic Index:56.3, Glycemic Load:38.3, Inflammation Score:-10, Nutrition Score:30.950434726218%

Flavonoids

Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 5.3mg, Kaempferol: 5.3mg, Kaempferol: 5.3mg, Kaempferol: 5.3mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 8.32mg, Quercetin: 8.32mg, Quercetin: 8.32mg, Quercetin: 8.32mg

Nutrients (% of daily need)

Calories: 660.73kcal (33.04%), Fat: 27.87g (42.87%), Saturated Fat: 6.58g (41.14%), Carbohydrates: 80.06g (26.69%), Net Carbohydrates: 71.46g (25.98%), Sugar: 4.37g (4.85%), Cholesterol: 40.26mg (13.42%), Sodium: 1570.31mg (68.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.06g (46.13%), Vitamin K: 281.74µg (268.32%), Manganese: 1.56mg (78%), Folate: 241.37µg (60.34%), Vitamin A: 3003.24IU (60.06%), Fiber: 8.6g (34.42%), Phosphorus: 331.08mg (33.11%), Vitamin B3: 6.24mg (31.19%), Vitamin C: 24.64mg (29.86%), Selenium: 20.64µg (29.48%), Vitamin B1: 0.39mg (25.96%), Copper: 0.52mg (25.82%), Vitamin E: 3.49mg (23.23%), Zinc: 3.26mg (21.75%), Vitamin B6: 0.43mg (21.73%), Iron: 3.8mg (21.11%), Magnesium: 84.27mg (21.07%), Potassium: 733.36mg (20.95%), Calcium: 195.27mg (19.53%), Vitamin B2: 0.31mg (18.47%), Vitamin B12: 1.03µg (17.22%), Vitamin B5: 1.44mg (14.4%), Vitamin D: 0.62µg (4.16%)