



Hoppin' John



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



371 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 6 slices bacon chopped
- ☐ 1 cup black-eyed peas dried
- ☐ 0.8 teaspoon cayenne pepper
- ☐ 1 stalk celery chopped
- ☐ 1 cup long-cooking rice uncooked
- ☐ 0.8 cup onion chopped
- ☐ 1.5 teaspoons salt
- ☐ 10 cups water divided

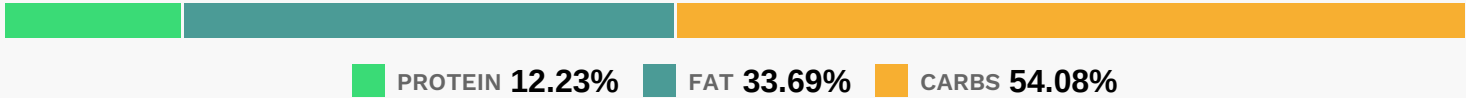
Equipment

- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ Rinse peas and place in a large saucepan with 6 cups water. Bring to a boil; reduce heat and simmer 2 minutes.
- ☐ Remove from heat, cover and let stand one hour.
- ☐ Drain and rinse.
- ☐ In same pan, cook bacon until crisp.
- ☐ Drain off drippings, reserving 3 tablespoons in pan.
- ☐ Add peas, remaining water, onion, celery, cayenne peper and salt. Bring to a boil, cover and reduce heat. Simmer 30 minutes.
- ☐ Add rice; cover and simmer 20 more minutes or until peas and rice are tender.

Nutrition Facts



Properties

Glycemic Index:48.3, Glycemic Load:25.47, Inflammation Score:-5, Nutrition Score:11.170434739279%

Flavonoids

Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 6.13mg, Quercetin: 6.13mg, Quercetin: 6.13mg, Quercetin: 6.13mg

Nutrients (% of daily need)

Calories: 370.89kcal (18.54%), Fat: 13.74g (21.14%), Saturated Fat: 4.56g (28.5%), Carbohydrates: 49.64g (16.55%), Net Carbohydrates: 45.47g (16.53%), Sugar: 2.92g (3.24%), Cholesterol: 21.78mg (7.26%), Sodium: 1133.43mg (49.28%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.23g (22.46%), Manganese: 0.77mg (38.49%), Folate: 102.84µg (25.71%), Selenium: 14.92µg (21.31%), Phosphorus: 179.99mg (18%), Copper: 0.34mg (17.14%), Fiber: 4.17g

(16.67%), Vitamin B1: 0.23mg (15.16%), Vitamin B6: 0.26mg (12.96%), Magnesium: 48.92mg (12.23%), Vitamin B3: 2.38mg (11.9%), Zinc: 1.58mg (10.55%), Iron: 1.7mg (9.47%), Potassium: 315.6mg (9.02%), Vitamin B5: 0.89mg (8.9%), Calcium: 54.66mg (5.47%), Vitamin B2: 0.09mg (5.31%), Vitamin A: 220.2IU (4.4%), Vitamin K: 4.13µg (3.93%), Vitamin C: 2.99mg (3.62%), Vitamin E: 0.46mg (3.05%), Vitamin B12: 0.17µg (2.75%)