



## Hoppin' John



Gluten Free



Dairy Free



Popular

READY IN



60 min.

SERVINGS



4

CALORIES



545 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients



0.3 pound bacon



1 celery stalk diced



1 small onion diced yellow



1 small bell pepper diced green



2 garlic cloves minced



0.5 pound black-eyed peas dried



1 bay leaf



2 teaspoons thyme leaves dried

- ☐ 1 teaspoon cajun spice
- ☐ 4 servings salt
- ☐ 2 cups rice long-grain
- ☐ 4 servings green onions for garnish

## Equipment

- ☐ bowl
- ☐ ladle
- ☐ pot

## Directions

- ☐ If you are using bacon, cut it into small pieces and cook it slowly in a medium pot over medium-low heat. If you are using a ham hock, heat the oil in the pot.
- ☐ Once the bacon is crispy (or the oil is hot if you are using a ham hock and not bacon), increase the heat to medium-high and add the celery, onion, and green pepper and sauté until they begin to brown, about 4–5 minutes.
- ☐ Add the garlic, stir well and cook for another 1–2 minutes.
- ☐ Add the black-eyed peas, bay leaf, thyme and Cajun seasoning and cover with 4 cups of water. If you are using the ham hock, add it to the pot and bring to a simmer. Cook for an hour to an hour and a half, (less time or more depending on the freshness of the black-eyed peas) until the peas are tender (not mushy).
- ☐ While the black-eyed peas are cooking, cook the rice separately according to package instructions.
- ☐ When the peas are tender, strain out the remaining cooking water.
- ☐ Remove and discard the bay leaf. Taste the peas for salt and add more if needed. If using a ham hock, remove it from the pot, pull off the meat, and return the meat to the pot.
- ☐ Serve the dish either by placing a ladle-full of black-eyed peas over steamed rice, or by mixing the two together in a large bowl.
- ☐ Garnish with chopped green onions.
- ☐ Serve with collard greens, kale, beet or turnip greens.

## Nutrition Facts



## Properties

Glycemic Index:62.05, Glycemic Load:48.49, Inflammation Score:-8, Nutrition Score:16.371739149094%

## Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.89mg, Luteolin: 0.89mg, Luteolin: 0.89mg, Luteolin: 0.89mg Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 4.63mg, Quercetin: 4.63mg, Quercetin: 4.63mg, Quercetin: 4.63mg

## Nutrients (% of daily need)

Calories: 545.24kcal (27.26%), Fat: 9.78g (15.04%), Saturated Fat: 3.5g (21.9%), Carbohydrates: 89.79g (29.93%), Net Carbohydrates: 83.72g (30.44%), Sugar: 3.4g (3.77%), Cholesterol: 41.2mg (13.73%), Sodium: 299.07mg (13%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.21g (44.41%), Manganese: 1.41mg (70.32%), Folate: 136.41µg (34.1%), Fiber: 6.07g (24.28%), Vitamin K: 24.21µg (23.06%), Selenium: 15.78µg (22.54%), Vitamin C: 18.29mg (22.17%), Phosphorus: 210.96mg (21.1%), Iron: 3.73mg (20.71%), Copper: 0.39mg (19.62%), Vitamin B6: 0.31mg (15.39%), Magnesium: 60.49mg (15.12%), Potassium: 501.46mg (14.33%), Vitamin B1: 0.21mg (13.91%), Zinc: 1.89mg (12.6%), Vitamin B5: 1.24mg (12.39%), Vitamin B3: 1.99mg (9.95%), Vitamin A: 408.57IU (8.17%), Calcium: 71.3mg (7.13%), Vitamin B2: 0.1mg (5.98%), Vitamin E: 0.55mg (3.68%)