



Hoppin' John



Gluten Free



Dairy Free

READY IN



90 min.

SERVINGS



4

CALORIES



180 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 bay leaf
- ☐ 2 cups black-eyed peas rinsed
- ☐ 4 servings cayenne to taste
- ☐ 0.5 cup celery diced
- ☐ 4 cups chicken stock see
- ☐ 1 tablespoon garlic chopped
- ☐ 4 green onions sliced
- ☐ 0.5 cup bell pepper diced green

- ☐ 1 small ham hock cubed (or 2 cups ham)
- ☐ 1 tablespoon oil
- ☐ 1 cup onion diced
- ☐ 4 servings salt and pepper black to taste
- ☐ 1 teaspoon thyme leaves

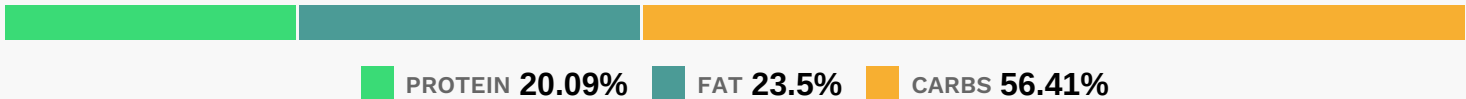
Equipment

- ☐ frying pan

Directions

- ☐ Heat the oil in a pan over medium heat.
- ☐ Add the onions, celery and pepper and cook until tender, about 10–15 minutes.
- ☐ Add the garlic and cook until fragrant, about a minute.
- ☐ Add the peas, broth, ham hock, bay leaf, thyme, cayenne, salt and pepper, bring to a boil, reduce the temperature and simmer until the black-eyed peas are creamy and tender, about 60 minutes, adding more broth if required.
- ☐ Remove the ham hock and shred the pork and mix it into the black eyed peas.
- ☐ Serve over steamed rice and garnish with green onions.

Nutrition Facts



Properties

Glycemic Index:62.25, Glycemic Load:6.54, Inflammation Score:-9, Nutrition Score:16.269130219584%

Flavonoids

Apigenin: 0.38mg, Apigenin: 0.38mg, Apigenin: 0.38mg, Apigenin: 0.38mg Luteolin: 1.24mg, Luteolin: 1.24mg, Luteolin: 1.24mg, Luteolin: 1.24mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.47mg, Kaempferol: 0.47mg, Kaempferol: 0.47mg, Kaempferol: 0.47mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 9.9mg, Quercetin: 9.9mg, Quercetin: 9.9mg, Quercetin: 9.9mg

Nutrients (% of daily need)

Calories: 180.32kcal (9.02%), Fat: 4.94g (7.6%), Saturated Fat: 0.51g (3.21%), Carbohydrates: 26.68g (8.89%), Net Carbohydrates: 18.92g (6.88%), Sugar: 6.67g (7.41%), Cholesterol: 4.83mg (1.61%), Sodium: 1087.51mg (47.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.5g (19%), Folate: 203.02µg (50.75%), Manganese: 0.71mg (35.39%), Vitamin K: 35.67µg (33.98%), Fiber: 7.76g (31.05%), Vitamin C: 23.89mg (28.96%), Vitamin A: 1121.32IU (22.43%), Vitamin B1: 0.27mg (18.14%), Phosphorus: 175.83mg (17.58%), Iron: 2.96mg (16.47%), Copper: 0.32mg (16.22%), Magnesium: 61.96mg (15.49%), Vitamin B2: 0.24mg (14.22%), Potassium: 489.84mg (14%), Vitamin B6: 0.27mg (13.42%), Vitamin E: 1.72mg (11.48%), Zinc: 1.51mg (10.08%), Vitamin B3: 1.38mg (6.89%), Calcium: 63.73mg (6.37%), Selenium: 3.87µg (5.53%), Vitamin B5: 0.5mg (4.96%)