

# Hoppin' John

 **Gluten Free**  **Popular**

READY IN



135 min.

SERVINGS



6

CALORIES



551 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 1.5 cups black-eyed peas dry
- 1 pound ham hocks
- 1 onion chopped
- 0.5 teaspoon pepper flakes red crushed
- 6 servings salt and pepper to taste
- 1 cup cheddar cheese smoked shredded
- 4 cups water
- 1.5 cups rice long-grain white

# Equipment

- frying pan
- pot

# Directions

- In a large pan place the peas, ham hock, onion, red pepper, salt and pepper. Cover with water and bring to a boil. Reduce heat to medium-low and cook for 1 1/2 hours.
- Remove ham hock and cut meat into pieces. Return meat to pot. Stir in the rice, cover and cook until rice is tender, about 20 to 25 minutes. Season to taste with salt and pepper.
- Sprinkle shredded cheese over top, if desired.
- Serve

# Nutrition Facts



# Properties

Glycemic Index:26.03, Glycemic Load:25.27, Inflammation Score:-4, Nutrition Score:10.998260809028%

# Flavonoids

Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.72mg, Quercetin: 3.72mg, Quercetin: 3.72mg, Quercetin: 3.72mg

# Nutrients (% of daily need)

Calories: 551.3kcal (27.56%), Fat: 24.37g (37.49%), Saturated Fat: 10.2g (63.73%), Carbohydrates: 48.16g (16.05%), Net Carbohydrates: 44.39g (16.14%), Sugar: 2.33g (2.58%), Cholesterol: 101.24mg (33.75%), Sodium: 521.34mg (22.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.33g (64.65%), Manganese: 0.74mg (36.82%), Folate: 100.63µg (25.16%), Phosphorus: 212.34mg (21.23%), Selenium: 13.51µg (19.31%), Calcium: 181.16mg (18.12%), Iron: 2.77mg (15.41%), Fiber: 3.77g (15.06%), Potassium: 494.73mg (14.14%), Copper: 0.26mg (12.87%), Zinc: 1.8mg (12.03%), Magnesium: 43.1mg (10.78%), Vitamin B1: 0.13mg (8.9%), Vitamin B2: 0.14mg (7.99%), Vitamin B6: 0.16mg (7.87%), Vitamin B5: 0.75mg (7.48%), Vitamin B3: 1mg (5.02%), Vitamin A: 244.94IU (4.9%), Vitamin B12: 0.2µg (3.33%), Vitamin E: 0.38mg (2.53%), Vitamin C: 1.53mg (1.85%), Vitamin K: 1.48µg (1.41%)