



WHATSheATE



Hoppin' John Cakes with Grilled Tomato and Black-Eyed Pea Salsa



Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



326 kcal

Ingredients

- ☐ 1 cup arborio rice
- ☐ 1 cup black-eyed peas frozen
- ☐ 12 servings grilled tomato and black-eyed pea salsa
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 2 cups japanese breadcrumbs
- ☐ 1 cup cheddar cheese grated
- ☐ 2 teaspoons marjoram fresh chopped
- ☐ 1 tablespoon parsley fresh chopped

- ☐ 1 jalapeno diced cored seeded
- ☐ 1 tablespoon olive oil
- ☐ 0.3 bell pepper red cored seeded chopped
- ☐ 0.5 cup onion diced red
- ☐ 0.5 teaspoon pepper flakes red crushed
- ☐ 0.3 cup safflower oil divided
- ☐ 1.5 teaspoons sea salt divided
- ☐ 4 cups vegetable broth

Equipment

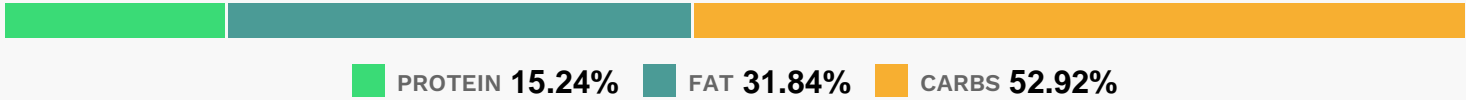
- ☐ frying pan
- ☐ baking sheet
- ☐ paper towels
- ☐ sauce pan
- ☐ oven

Directions

- ☐ Simmer broth in a large saucepan.
- ☐ Heat olive oil over medium-high heat in a medium saucepan; add rice and 1/2 teaspoon salt, and stir about 2 minutes or until rice turns translucent. Reduce heat to medium, and add about 1/2 cup hot broth, stirring until liquid is absorbed. Repeat procedure with remaining broth, 1/2 cup at a time. Cook 25 minutes or until rice is cooked but firm.
- ☐ Cook peas according to package directions; drain.
- ☐ Add peas, remaining 1 teaspoon salt, onion, and next 7 ingredients to rice, and stir until thoroughly mixed.
- ☐ Form 1/3 cup mixture into a 2-inch round cake about 3/4 inches thick. Repeat to make about 11 more cakes.
- ☐ Place breadcrumbs on a plate, and roll cakes to coat. Shake off excess breadcrumbs.
- ☐ Heat half of the oil in a large nonstick skillet over medium-high heat. Cook half of the cakes 4 to 5 minutes on each side or until golden brown.

- ☐
- Drain cakes on a paper towel, transfer to a baking sheet, and place in warm oven.
- ☐
- Add remaining oil, and repeat process with remaining cakes.
- ☐
- Serve warm topped with Grilled Tomato and Black-Eyed Pea Salsa.
- ☐
- *For testing purposes, we used Panko for Japanese breadcrumbs.

Nutrition Facts



Properties

Glycemic Index:35.25, Glycemic Load:17.01, Inflammation Score:-7, Nutrition Score:16.041304603867%

Flavonoids

Apigenin: 0.76mg, Apigenin: 0.76mg, Apigenin: 0.76mg, Apigenin: 0.76mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 1.42mg, Quercetin: 1.42mg, Quercetin: 1.42mg, Quercetin: 1.42mg

Nutrients (% of daily need)

Calories: 325.95kcal (16.3%), Fat: 11.61g (17.86%), Saturated Fat: 2.72g (16.98%), Carbohydrates: 43.42g (14.47%), Net Carbohydrates: 35.72g (12.99%), Sugar: 5.07g (5.64%), Cholesterol: 9.42mg (3.14%), Sodium: 744.99mg (32.39%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.51g (25.01%), Folate: 263.16µg (65.79%), Manganese: 0.77mg (38.41%), Fiber: 7.7g (30.79%), Vitamin B1: 0.4mg (26.78%), Phosphorus: 235.45mg (23.54%), Iron: 3.8mg (21.12%), Vitamin E: 2.71mg (18.07%), Copper: 0.34mg (16.94%), Magnesium: 65.44mg (16.36%), Selenium: 10.27µg (14.68%), Zinc: 2mg (13.31%), Calcium: 112.62mg (11.26%), Potassium: 341.05mg (9.74%), Vitamin K: 10.05µg (9.57%), Vitamin B3: 1.91mg (9.56%), Vitamin B2: 0.15mg (8.88%), Vitamin B6: 0.17mg (8.49%), Vitamin A: 421.24IU (8.42%), Vitamin B5: 0.74mg (7.44%), Vitamin C: 5.92mg (7.17%), Vitamin B12: 0.13µg (2.25%)