



Hoppin' John Cakes with Tomatillo-Tomato Salsa



Vegetarian



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



705 kcal

Ingredients

- ☐ 2 cups well-drained black-eyed peas canned divided
- ☐ 4 cups breadcrumbs fresh divided (8 slices)
- ☐ 1 cup rice cooked
- ☐ 1 large eggs lightly beaten
- ☐ 1 large egg white lightly beaten
- ☐ 2 tablespoons flour all-purpose
- ☐ 3 garlic cloves minced
- ☐ 1 tablespoon jalapeno diced seeded

- ☐ 0.8 cup onion diced
- ☐ 4 servings tomatillo–tomato salsa
- ☐ 2 tablespoons vegetable oil divided

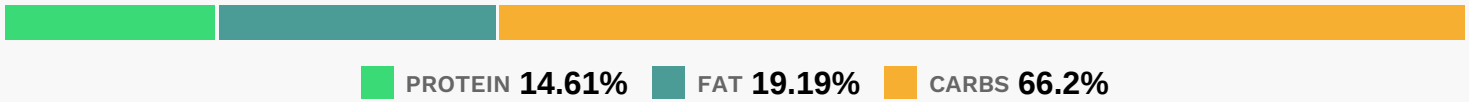
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Mash 1 cup black–eyed peas. Set aside.
- ☐ Place a large nonstick skillet coated with cooking spray over medium–high heat until hot.
- ☐ Add onion, jalapeo, and garlic; saut 3 minutes or until onion is lightly browned.
- ☐ Combine mashed peas, 1 cup whole peas, onion mixture, 1 cup breadcrumbs, rice, flour, egg, and egg white in a bowl; stir well. Divide mixture into 8 equal portions. Shape into 1/2-inch–thick cakes using wet hands. Pat remaining 3 cups breadcrumbs over cakes.
- ☐ Heat 1 tablespoon oil in a large nonstick skillet over medium–high heat.
- ☐ Add 4 cakes; cook 4 minutes. Carefully turn cakes over; cook 4 minutes or until golden. Repeat procedure with remaining oil and cakes.
- ☐ Serve with Tomatillo–Tomato Salsa.
- ☐ Garnish with cherry tomatoes, if desired.

Nutrition Facts



Properties

Glycemic Index:78.5, Glycemic Load:19.93, Inflammation Score:–8, Nutrition Score:31.057826513829%

Flavonoids

Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 6.32mg, Quercetin: 6.32mg, Quercetin: 6.32mg, Quercetin: 6.32mg

Nutrients (% of daily need)

Calories: 705.12kcal (35.26%), Fat: 14.88g (22.9%), Saturated Fat: 2.9g (18.13%), Carbohydrates: 115.52g (38.51%), Net Carbohydrates: 104.15g (37.87%), Sugar: 13.12g (14.58%), Cholesterol: 46.5mg (15.5%), Sodium: 1057.69mg (45.99%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.5g (50.99%), Vitamin B1: 1.28mg (85.37%), Manganese: 1.7mg (84.87%), Folate: 315.47µg (78.87%), Selenium: 39.57µg (56.53%), Fiber: 11.37g (45.49%), Iron: 7.97mg (44.25%), Vitamin B3: 8.09mg (40.43%), Phosphorus: 372.5mg (37.25%), Vitamin B2: 0.61mg (36.04%), Copper: 0.57mg (28.48%), Magnesium: 104.12mg (26.03%), Calcium: 241.79mg (24.18%), Vitamin K: 22µg (20.95%), Zinc: 3.14mg (20.94%), Potassium: 626.38mg (17.9%), Vitamin B6: 0.36mg (17.82%), Vitamin B5: 1.39mg (13.9%), Vitamin C: 8.93mg (10.82%), Vitamin B12: 0.5µg (8.28%), Vitamin E: 1.17mg (7.83%), Vitamin A: 321.63IU (6.43%), Vitamin D: 0.25µg (1.67%)