



Hoppin' John Peppers with Spicy Chips

 **Gluten Free**  **Very Healthy**

READY IN



45 min.

SERVINGS



2

CALORIES



358 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup black-eyed peas canned drained
- 0.3 cup celery thinly sliced
- 0.7 cup rice long-grain cooked
- 0.3 teaspoon thyme leaves dried
- 1 garlic clove minced
- 1 pound bell peppers green
- 1 Dash ground pepper red
- 0.5 cup 3%-less-sodium ham cooked chopped

- 0.3 teaspoon hot sauce
- 2 tablespoons nonfat cream sour
- 0.3 cup onion chopped
- 2 servings spicy chips
- 0.5 ounce sharp cheddar cheese shredded reduced-fat finely
- 0.3 cup tomatoes diced
- 1 teaspoon worcestershire sauce

Equipment

- sauce pan
- oven
- baking pan

Directions

- Preheat oven to 35
- Cut tops off bell peppers; discard seeds and membranes. Chop tops to measure 1/3 cup; set chopped bell pepper aside.
- Cook bell peppers in boiling water 5 minutes; drain and set aside.
- Coat a medium saucepan with cooking spray, and place over medium-high heat until hot.
- Add 1/3 cup chopped bell pepper, ham, onion, celery, and garlic; saut 8 minutes or until tender.
- Remove ham mixture from heat; stir in the black-eyed peas and next 6 ingredients (black-eyed peas through ground red pepper). Divide the ham mixture evenly between bell peppers.
- Place the stuffed bell peppers in an 8-inch square baking dish; cover and bake at 350 for 20 minutes.
- Spoon 1 tablespoon sour cream and 1 tablespoon cheese on top of each stuffed pepper.
- Serve with Spicy Chips.

Nutrition Facts



■ PROTEIN 22.1% ■ FAT 23.41% ■ CARBS 54.49%

Properties

Glycemic Index:205.17, Glycemic Load:22.71, Inflammation Score:-9, Nutrition Score:27.343043529469%

Flavonoids

Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg Luteolin: 10.82mg, Luteolin: 10.82mg, Luteolin: 10.82mg, Luteolin: 10.82mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 9.29mg, Quercetin: 9.29mg, Quercetin: 9.29mg, Quercetin: 9.29mg

Nutrients (% of daily need)

Calories: 358.37kcal (17.92%), Fat: 9.54g (14.67%), Saturated Fat: 3.82g (23.86%), Carbohydrates: 49.96g (16.65%), Net Carbohydrates: 39.32g (14.3%), Sugar: 10.38g (11.53%), Cholesterol: 29.87mg (9.96%), Sodium: 559.09mg (24.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.26g (40.51%), Vitamin C: 189.36mg (229.52%), Folate: 220µg (55%), Manganese: 1.04mg (52.25%), Vitamin B6: 0.86mg (42.98%), Fiber: 10.63g (42.54%), Vitamin B1: 0.56mg (37.24%), Phosphorus: 341.03mg (34.1%), Potassium: 933.38mg (26.67%), Vitamin K: 26.41µg (25.15%), Vitamin A: 1246.48IU (24.93%), Copper: 0.49mg (24.44%), Selenium: 17.08µg (24.4%), Magnesium: 91.78mg (22.95%), Iron: 3.84mg (21.35%), Zinc: 2.92mg (19.49%), Vitamin B3: 3.58mg (17.88%), Vitamin B2: 0.27mg (15.81%), Calcium: 136.77mg (13.68%), Vitamin B5: 1.07mg (10.65%), Vitamin E: 1.48mg (9.87%), Vitamin B12: 0.34µg (5.59%), Vitamin D: 0.29µg (1.92%)