



Hoppin' John -- Rice and Black-Eyed Peas

 **Gluten Free**  **Dairy Free**

READY IN



40 min.

SERVINGS



4

CALORIES



952 kcal

LUNCH

MAIN COURSE

MAIN DISH

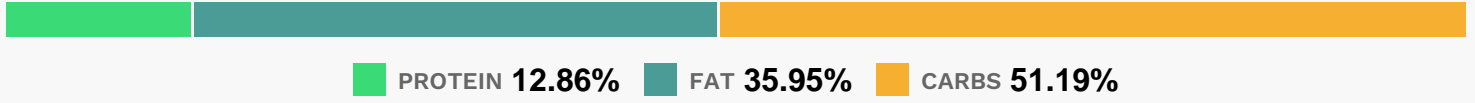
DINNER

Ingredients

- 0.5 lb bacon whole cut in 1/2 inch pieces (i use a package)
- 30 ounce blackeyed peas with juice (1 qt if you cook your own peas) canned
- 2 teaspoons liquid smoke (for vegan)
- 1 medium onion (a larger one is ok)
- 2 cups rice uncooked
- 0.3 cup vegetable oil (for vegan)
- 3 cups water

Equipment

Nutrition Facts



Properties

Glycemic Index:32.3, Glycemic Load:57.51, Inflammation Score:-8, Nutrition Score:31.227826086957%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.58mg, Quercetin: 5.58mg, Quercetin: 5.58mg, Quercetin: 5.58mg

Nutrients (% of daily need)

Calories: 952.15kcal (47.61%), Fat: 37.89g (58.3%), Saturated Fat: 10.09g (63.05%), Carbohydrates: 121.39g (40.46%), Net Carbohydrates: 105.9g (38.51%), Sugar: 8.29g (9.22%), Cholesterol: 37.42mg (12.47%), Sodium: 404mg (17.57%), Protein: 30.49g (60.98%), Folate: 454.88µg (113.72%), Manganese: 2.06mg (102.9%), Fiber: 15.49g (61.96%), Phosphorus: 527.69mg (52.77%), Vitamin B1: 0.66mg (44.23%), Selenium: 30.82µg (44.02%), Copper: 0.84mg (41.81%), Magnesium: 147.14mg (36.79%), Iron: 6.37mg (35.39%), Zinc: 4.48mg (29.9%), Vitamin K: 28.87µg (27.5%), Vitamin B6: 0.55mg (27.41%), Potassium: 849.88mg (24.28%), Vitamin B3: 4.84mg (24.22%), Vitamin B5: 2.16mg (21.6%), Vitamin E: 2.06mg (13.74%), Vitamin B2: 0.22mg (12.68%), Calcium: 91.41mg (9.14%), Vitamin B12: 0.28µg (4.72%), Vitamin C: 2.89mg (3.5%), Vitamin D: 0.23µg (1.51%), Vitamin A: 53.42IU (1.07%)