



Hoppin' John Rice Bowl

 Gluten Free

READY IN



35 min.

SERVINGS



4

CALORIES



537 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 31 oz seasoned black-eyed peas canned
- ☐ 1 tablespoon butter
- ☐ 1 tablespoon cider vinegar
- ☐ 8 oz ham smoked diced
- ☐ 0.3 cup parsley fresh chopped
- ☐ 1 teaspoon garlic minced
- ☐ 3 green onions chopped
- ☐ 0.5 medium onion diced

- ☐ 7 oz success rice white uncooked
- ☐ 1 large tomatoes chopped

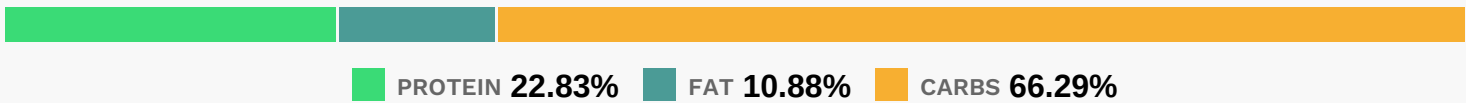
Equipment

- ☐ frying pan

Directions

- ☐ Prepare rice according to package directions.
- ☐ Melt butter in a large skillet over medium-high heat; add ham, onion, and garlic, and saut 6 to 7 minutes or until onion is tender. Stir in black-eyed peas and 1/2 cup water. Bring to a boil; reduce heat, and simmer 10 minutes. Stir in vinegar.
- ☐ Place hot cooked rice in a serving dish; spoon ham mixture over rice.
- ☐ Sprinkle with green onions, parsley, and tomato.

Nutrition Facts



Properties

Glycemic Index:87.8, Glycemic Load:37.74, Inflammation Score:-9, Nutrition Score:32.781304342915%

Flavonoids

Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg Apigenin: 10.77mg, Apigenin: 10.77mg, Apigenin: 10.77mg, Apigenin: 10.77mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg Myricetin: 0.82mg, Myricetin: 0.82mg, Myricetin: 0.82mg, Myricetin: 0.82mg Quercetin: 4.04mg, Quercetin: 4.04mg, Quercetin: 4.04mg, Quercetin: 4.04mg

Nutrients (% of daily need)

Calories: 537.45kcal (26.87%), Fat: 6.54g (10.06%), Saturated Fat: 2.91g (18.21%), Carbohydrates: 89.65g (29.88%), Net Carbohydrates: 73.53g (26.74%), Sugar: 9.42g (10.47%), Cholesterol: 34.74mg (11.58%), Sodium: 729.48mg (31.72%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30.88g (61.75%), Folate: 483.89µg (120.97%), Vitamin K: 108.32µg (103.16%), Manganese: 1.7mg (84.86%), Fiber: 16.12g (64.48%), Phosphorus: 555.33mg (55.53%), Copper: 0.88mg (44.19%), Iron: 7.26mg (40.36%), Magnesium: 157.55mg (39.39%), Vitamin B1: 0.51mg (34.17%), Zinc: 4.6mg (30.69%), Potassium: 1006.83mg (28.77%), Vitamin C: 16.71mg (20.25%), Vitamin A: 1010.71IU (20.21%),

Selenium: 13.26µg (18.94%), Vitamin B6: 0.37mg (18.67%), Vitamin B5: 1.5mg (14.99%), Vitamin B3: 2.29mg (11.44%),
Vitamin B2: 0.17mg (10.1%), Calcium: 95.84mg (9.58%), Vitamin E: 1.09mg (7.25%)