



## Hoppin' John Skillet

 Vegetarian  Gluten Free

READY IN



30 min.

SERVINGS



4

CALORIES



346 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1.8 cups black-eyed peas frozen thawed
- 2 slices lower sodium bacon
- 1.3 cups reduced sodium mild cheddar cheese shredded divided sargento®
- 1 small onion chopped
- 0.3 cup parsley chopped
- 0.5 teaspoon pepper sauce hot
- 1 cup cooking brown rice quick
- 1.8 cups reduced sodium chicken broth

1 large tomatoes seeded chopped

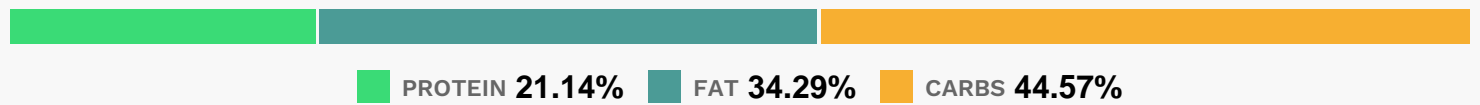
## Equipment

frying pan

## Directions

- Cut bacon crosswise into thin strips. Cook bacon and onion in large deep skillet over medium heat 5 minutes or until onion is tender.
- Add rice; mix well.
- Add broth and hot pepper sauce; bring to a boil over high heat. Stir in black-eyed peas. Cover; reduce heat and simmer 10 minutes or until most of liquid is absorbed. Stir in tomato; heat through.
- Remove from heat; stir in 1 cup cheese.
- Transfer to 4 serving plates; top with remaining cheese and parsley.

## Nutrition Facts



## Properties

Glycemic Index:41.25, Glycemic Load:5.49, Inflammation Score:-8, Nutrition Score:21.268261064654%

## Flavonoids

Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.62mg, Myricetin: 0.62mg, Myricetin: 0.62mg, Myricetin: 0.62mg Quercetin: 3.83mg, Quercetin: 3.83mg, Quercetin: 3.83mg, Quercetin: 3.83mg

## Nutrients (% of daily need)

Calories: 346.46kcal (17.32%), Fat: 13.37g (20.57%), Saturated Fat: 7.13g (44.54%), Carbohydrates: 39.1g (13.03%), Net Carbohydrates: 32.83g (11.94%), Sugar: 4.72g (5.25%), Cholesterol: 35.31mg (11.77%), Sodium: 303.37mg (13.19%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.54g (37.09%), Vitamin K: 67.32µg (64.12%), Folate: 239.16µg (59.79%), Phosphorus: 354.52mg (35.45%), Manganese: 0.66mg (32.78%), Calcium: 290.52mg (29.05%), Selenium: 19.97µg (28.52%), Vitamin B1: 0.39mg (25.99%), Fiber: 6.27g (25.09%), Iron: 3.92mg (21.77%), Vitamin A:

1061.19IU (21.22%), Zinc: 2.83mg (18.86%), Vitamin B3: 3.66mg (18.29%), Copper: 0.34mg (17.18%), Vitamin C: 13.19mg (15.99%), Magnesium: 62.46mg (15.61%), Vitamin B2: 0.25mg (14.87%), Potassium: 487.63mg (13.93%), Vitamin B6: 0.2mg (9.93%), Vitamin B12: 0.48µg (7.96%), Vitamin B5: 0.63mg (6.27%), Vitamin E: 0.76mg (5.09%), Vitamin D: 0.21µg (1.41%)