



Hoppin' John Soup



Gluten Free



Dairy Free

READY IN



125 min.

SERVINGS



30

CALORIES



193 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 tablespoon apple cider vinegar
- ☐ 1 bay leaf
- ☐ 16 oz black-eyed peas dried rinsed
- ☐ 2 tablespoons canola oil
- ☐ 2 carrots cut into 1-inch pieces
- ☐ 1 rib celery diced
- ☐ 16 oz collard greens fresh trimmed finely chopped
- ☐ 30 servings brown rice hot cooked

- ☐ 0.3 cup country ham finely chopped
- ☐ 30 servings cornbread croutons
- ☐ 1 leaf flat parsley leaves
- ☐ 2 garlic cloves minced
- ☐ 1 tablespoon hot sauce
- ☐ 1 jalapeno minced seeded
- ☐ 0.3 teaspoon pepper dried red crushed
- ☐ 1 large onion diced sweet
- ☐ 2 pounds turkey wings smoked

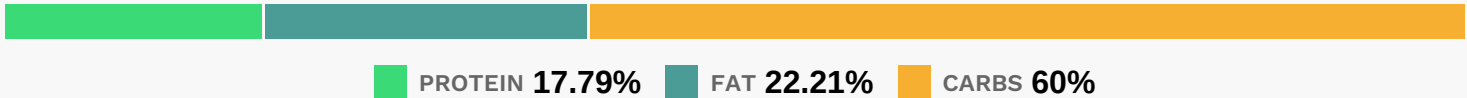
Equipment

- ☐ dutch oven

Directions

- ☐ Bring peas, turkey wings, and 6 cups water to a boil in a large Dutch oven. Cover, reduce heat to medium, and simmer 45 minutes or until peas are tender, skimming any foam from surface.
- ☐ Drain peas, reserving 1 1/4 cups liquid.
- ☐ Remove turkey meat from bones. Chop meat.
- ☐ Saut ham and next 7 ingredients in hot oil in Dutch oven over medium-high heat 10 minutes or until vegetables are tender.
- ☐ Add peas, reserved 1 1/4 cups liquid, turkey meat, collards, hot sauce, and 6 cups water. Bring to a boil; reduce heat to medium, and simmer, stirring occasionally, 30 minutes. Stir in vinegar. Season with salt and pepper. Discard bay leaf.
- ☐ Serve over rice with Cornbread Croutons and parsley.

Nutrition Facts



Properties

Glycemic Index:12.6, Glycemic Load:12.58, Inflammation Score:-8, Nutrition Score:14.159565088866%

Flavonoids

Epigallocatechin 3–gallate: 0.01mg, Epigallocatechin 3–gallate: 0.01mg, Epigallocatechin 3–gallate: 0.01mg, Epigallocatechin 3–gallate: 0.01mg Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 1.46mg, Kaempferol: 1.46mg, Kaempferol: 1.46mg, Kaempferol: 1.46mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 2.03mg, Quercetin: 2.03mg, Quercetin: 2.03mg, Quercetin: 2.03mg

Nutrients (% of daily need)

Calories: 193.45kcal (9.67%), Fat: 4.76g (7.33%), Saturated Fat: 1.03g (6.46%), Carbohydrates: 28.96g (9.65%), Net Carbohydrates: 25.33g (9.21%), Sugar: 1.35g (1.5%), Cholesterol: 15.15mg (5.05%), Sodium: 56.27mg (2.45%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.59g (17.18%), Vitamin K: 68.24µg (64.99%), Manganese: 1.27mg (63.48%), Vitamin A: 1456.7IU (29.13%), Magnesium: 61.55mg (15.39%), Folate: 61.18µg (15.3%), Vitamin B6: 0.3mg (15.01%), Phosphorus: 145.35mg (14.53%), Fiber: 3.63g (14.53%), Vitamin B3: 2.57mg (12.85%), Vitamin B1: 0.17mg (11.46%), Vitamin C: 7.15mg (8.67%), Selenium: 5.93µg (8.48%), Zinc: 1.22mg (8.12%), Copper: 0.15mg (7.71%), Iron: 1.33mg (7.4%), Potassium: 235.28mg (6.72%), Vitamin B5: 0.63mg (6.34%), Calcium: 56.34mg (5.63%), Vitamin B2: 0.07mg (4.34%), Vitamin E: 0.61mg (4.04%), Vitamin B12: 0.09µg (1.48%)