



 **61%**
HEALTH SCORE

Hoppin' John Stew

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

READY IN



380 min.

SERVINGS



15

CALORIES



411 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 15 servings smoky sausage plays a starring role in this black-eyed pea stew hearty
- 0.3 teaspoon pepper black
- 14 oz beef broth canned
- 63.2 oz black-eyed peas undrained canned
- 20 oz tomatoes and chiles diced green undrained canned
- 0.5 teaspoon garlic powder
- 0.8 cup bell pepper green chopped
- 1 cup onion finely chopped

- 1.5 cups family-size package boil-in-bag rice uncooked
- 1 pound sausage smoked sliced
- 0.3 teaspoon salt
- 1 cup water

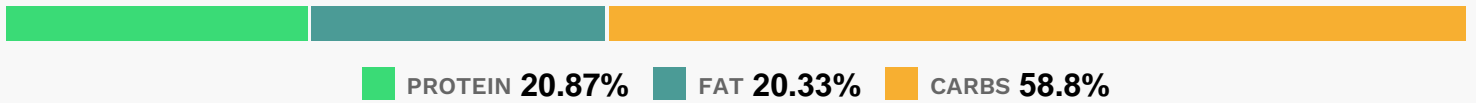
Equipment

- slow cooker

Directions

- Combine all ingredients except rice in a 6-qt. slow cooker.
- Cover and cook on Low 6 hours.
- Cut top off boil-in-bag rice; pour rice into slow cooker, and discard bag. Stir.
- Cover and cook on High 20 minutes or until rice is tender.

Nutrition Facts



Properties

Glycemic Index:14.48, Glycemic Load:21.16, Inflammation Score:-8, Nutrition Score:24.131739108459%

Flavonoids

Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg Isorhamnetin: 0.53mg, Isorhamnetin: 0.53mg, Isorhamnetin: 0.53mg, Isorhamnetin: 0.53mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Quercetin: 2.33mg, Quercetin: 2.33mg, Quercetin: 2.33mg, Quercetin: 2.33mg

Nutrients (% of daily need)

Calories: 411.31kcal (20.57%), Fat: 9.38g (14.42%), Saturated Fat: 3.15g (19.66%), Carbohydrates: 61g (20.33%), Net Carbohydrates: 46.7g (16.98%), Sugar: 8.34g (9.26%), Cholesterol: 21.47mg (7.16%), Sodium: 408.05mg (17.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.65g (43.3%), Folate: 436.39µg (109.1%), Manganese: 1.25mg (62.41%), Fiber: 14.3g (57.19%), Phosphorus: 389.8mg (38.98%), Vitamin B1: 0.53mg (35.58%), Iron: 6.08mg (33.75%), Copper: 0.65mg (32.41%), Magnesium: 123.93mg (30.98%), Zinc: 3.58mg (23.84%), Potassium: 765.17mg (21.86%), Vitamin B6: 0.36mg (18.15%), Selenium: 12.19µg (17.42%), Vitamin B3: 2.81mg (14.07%), Vitamin C: 11.12mg (13.48%), Vitamin B5: 1.24mg (12.37%), Vitamin B2: 0.2mg (12.06%), Vitamin B12: 0.48µg (7.92%), Calcium: 73.83mg (7.38%), Vitamin E: 0.88mg (5.89%), Vitamin K: 5.26µg (5.01%), Vitamin D: 0.33µg (2.22%), Vitamin A: 103IU (2.06%)