



Hoppin' John With Greens



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



6

CALORIES



272 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 ounces canadian bacon cut into 1-inch pieces
- ☐ 15.8 ounce black-eyed peas undrained canned
- ☐ 16 ounce prewashed collard greens chopped (5 cups)
- ☐ 0.3 teaspoon pepper red crushed
- ☐ 2 cups chicken broth fat-free reduced-sodium
- ☐ 2 garlic cloves minced
- ☐ 2 jalapeño peppers seeded finely chopped
- ☐ 1.3 cups onion finely chopped (1 medium)

- ☐ 1 cup rice long-grain uncooked
- ☐ 0.3 teaspoon salt
- ☐ 0.5 cup water

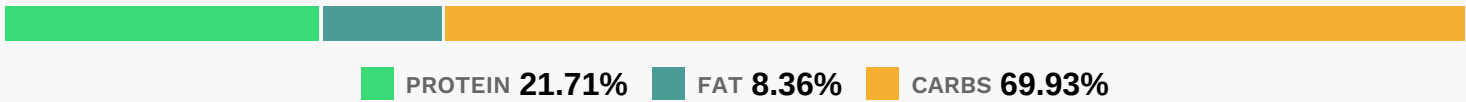
Equipment

- ☐ dutch oven

Directions

- ☐ Coat a Dutch oven with cooking spray; place over medium heat until hot.
- ☐ Add Canadian bacon and onion; cook 4 minutes, stirring constantly.
- ☐ Add jalapeo peppers and garlic; cook 3 minutes.
- ☐ Add chicken broth and next 5 ingredients; cover, reduce heat, and simmer 15 minutes.
- ☐ Add peas, and simmer 10 minutes or until liquid is absorbed.
- ☐ Serve with hot pepper sauce, if desired.

Nutrition Facts



Properties

Glycemic Index:31.86, Glycemic Load:20.04, Inflammation Score:-10, Nutrition Score:27.812173646429%

Flavonoids

Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Isorhamnetin: 1.67mg, Isorhamnetin: 1.67mg, Isorhamnetin: 1.67mg, Isorhamnetin: 1.67mg Kaempferol: 6.83mg, Kaempferol: 6.83mg, Kaempferol: 6.83mg, Kaempferol: 6.83mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 8.96mg, Quercetin: 8.96mg, Quercetin: 8.96mg, Quercetin: 8.96mg

Nutrients (% of daily need)

Calories: 272.44kcal (13.62%), Fat: 2.57g (3.96%), Saturated Fat: 0.64g (4.01%), Carbohydrates: 48.46g (16.15%), Net Carbohydrates: 39.43g (14.34%), Sugar: 4.58g (5.09%), Cholesterol: 9.45mg (3.15%), Sodium: 598.6mg (26.03%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.05g (30.09%), Vitamin K: 332.77µg (316.92%), Vitamin A: 3881.27IU (77.63%), Folate: 264.43µg (66.11%), Manganese: 1.27mg (63.3%), Vitamin C: 35.3mg (42.79%), Fiber: 9.02g (36.1%), Vitamin B1: 0.38mg (25.32%), Phosphorus: 237.73mg (23.77%), Calcium: 217.44mg (21.74%), Vitamin B6: 0.41mg (20.4%), Selenium: 14.24µg (20.34%), Magnesium: 76.26mg (19.07%), Copper: 0.35mg (17.39%),

Potassium: 557.63mg (15.93%), Vitamin B3: 3.14mg (15.69%), Iron: 2.82mg (15.69%), Vitamin E: 2.2mg (14.65%),
Vitamin B2: 0.22mg (12.76%), Zinc: 1.82mg (12.11%), Vitamin B5: 1.07mg (10.73%), Vitamin B12: 0.28µg (4.63%),
Vitamin D: 0.53µg (3.53%)