



 **51%**
HEALTH SCORE

Hoppin' John With Greens - Slow Cooker

 **Gluten Free**  **Dairy Free**

READY IN



440 min.

SERVINGS



6

CALORIES



277 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup black-eyed peas dried rinsed
- 2 bunches collard greens chopped
- 1 clove garlic minced
- 6 servings salt and ground pepper black to taste
- 1 onion chopped
- 1 tablespoon oregano dried
- 1 tablespoon pepper flakes red
- 1 ham hock smoked

- 1 cube vegetable bouillon
- 2 cups vegetable broth
- 0.3 cup water hot
- 1 cup rice long-grain white

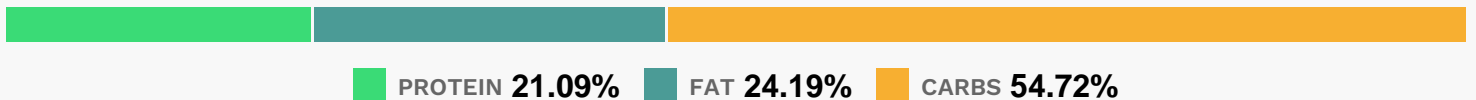
Equipment

- bowl
- pot
- slow cooker

Directions

- Cover black-eyed peas with water in a large soup pot, bring to a boil, and boil for 2 minutes. Reduce heat to low and simmer peas for 1 hour.
- Drain.
- Dissolve vegetable bouillon cube in 1/4 cup hot water in a small bowl; pour bouillon into slow cooker. Stir black-eyed peas, onion, garlic, ham hock, collard greens, oregano, red pepper flakes, and vegetable broth into the cooker.
- Add 5 cups of water or as needed to cover. Cook 5 hours on High. Stir rice into stew and cook 1 more hour.
- Remove meat from ham hock, chop meat, and return to stew. Season with salt and black pepper.

Nutrition Facts



Properties

Glycemic Index:47.7, Glycemic Load:17.41, Inflammation Score:-10, Nutrition Score:20.208260764246%

Flavonoids

Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 5.66mg, Kaempferol: 5.66mg, Kaempferol: 5.66mg, Kaempferol: 5.66mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg

Quercetin: 5.36mg, Quercetin: 5.36mg, Quercetin: 5.36mg, Quercetin: 5.36mg

Nutrients (% of daily need)

Calories: 277.22kcal (13.86%), Fat: 7.51g (11.55%), Saturated Fat: 2.59g (16.21%), Carbohydrates: 38.22g (12.74%),
Net Carbohydrates: 32.26g (11.73%), Sugar: 2.85g (3.17%), Cholesterol: 30.88mg (10.29%), Sodium: 421.69mg
(18.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.73g (29.46%), Vitamin K: 284.12µg (270.59%),
Vitamin A: 3760.67IU (75.21%), Manganese: 1mg (49.87%), Folate: 149.66µg (37.41%), Vitamin C: 24.01mg (29.11%),
Fiber: 5.96g (23.85%), Calcium: 191.68mg (19.17%), Vitamin E: 2.21mg (14.74%), Iron: 2.32mg (12.87%), Vitamin B6:
0.25mg (12.44%), Potassium: 420.64mg (12.02%), Magnesium: 46.47mg (11.62%), Phosphorus: 107.48mg (10.75%),
Copper: 0.2mg (10.2%), Selenium: 6.67µg (9.53%), Vitamin B1: 0.13mg (8.54%), Vitamin B2: 0.14mg (7.99%), Vitamin
B3: 1.32mg (6.62%), Vitamin B5: 0.65mg (6.46%), Zinc: 0.96mg (6.39%)