



Hoppin' John with Mustard Greens



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



6

CALORIES



378 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 cups black-eyed peas cooked
- ☐ 0.3 teaspoon thyme leaves dried
- ☐ 4 garlic cloves minced
- ☐ 0.7 cup ham finely chopped
- ☐ 4 cups mustard greens trimmed chopped
- ☐ 2 tablespoons olive oil
- ☐ 3.5 cups onion chopped
- ☐ 1 teaspoon salt

- ☐ 2 cups water
- ☐ 1 cup rice long-grain white uncooked
- ☐ 2 tablespoons whole-grain dijon mustard

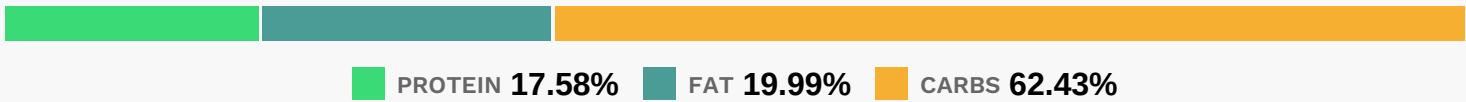
Equipment

- ☐ frying pan
- ☐ whisk
- ☐ dutch oven

Directions

- ☐ Combine first 4 ingredients, stirring with a whisk; set aside.
- ☐ Heat oil in a Dutch oven over medium-high heat.
- ☐ Add onion to pan; saut 6 minutes.
- ☐ Add rice, ham, and garlic; saut 2 minutes. Stir in water mixture; bring to a boil. Cover, reduce heat, and simmer 15 minutes.
- ☐ Add peas and greens; cover and cook 5 minutes. Stir rice mixture; cover and cook an additional 5 minutes or until greens and rice are tender.

Nutrition Facts



Properties

Glycemic Index:37.2, Glycemic Load:23.84, Inflammation Score:-9, Nutrition Score:25.8186957577%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 10.72mg, Isorhamnetin: 10.72mg, Isorhamnetin: 10.72mg, Isorhamnetin: 10.72mg Kaempferol: 14.91mg, Kaempferol: 14.91mg, Kaempferol: 14.91mg, Kaempferol: 14.91mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 22.27mg, Quercetin: 22.27mg, Quercetin: 22.27mg, Quercetin: 22.27mg

Nutrients (% of daily need)

Calories: 378.17kcal (18.91%), Fat: 8.52g (13.11%), Saturated Fat: 1.85g (11.54%), Carbohydrates: 59.87g (19.96%), Net Carbohydrates: 48.96g (17.8%), Sugar: 8.36g (9.29%), Cholesterol: 9.64mg (3.21%), Sodium: 648.95mg (28.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.86g (33.71%), Vitamin K: 102.31µg (97.43%), Folate: 264.18µg (66.04%), Manganese: 1.06mg (53.06%), Fiber: 10.91g (43.63%), Vitamin C: 34.16mg (41.41%), Phosphorus: 304.89mg (30.49%), Vitamin B1: 0.43mg (28.88%), Copper: 0.51mg (25.45%), Magnesium: 96.51mg (24.13%), Iron: 4.26mg (23.68%), Vitamin A: 1153.34IU (23.07%), Vitamin B6: 0.43mg (21.6%), Potassium: 694.33mg (19.84%), Selenium: 13.84µg (19.78%), Zinc: 2.49mg (16.63%), Vitamin E: 1.87mg (12.5%), Calcium: 111.85mg (11.19%), Vitamin B3: 2.21mg (11.03%), Vitamin B2: 0.18mg (10.85%), Vitamin B5: 1.08mg (10.75%), Vitamin B12: 0.1µg (1.66%)