

Hoppin' Jose



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



10

CALORIES



134 kcal

SIDE DISH

Ingredients

- ☐ 10 ounce black-eyed peas frozen thawed
- ☐ 14.5 ounce canned tomatoes mexican-style drained chopped canned
- ☐ 1 cup rice long-grain cooked
- ☐ 0.3 cup parsley fresh chopped
- ☐ 1 teaspoon garlic minced
- ☐ 0.5 cup green onions chopped
- ☐ 0.5 cup bell pepper green chopped
- ☐ 1 tablespoon olive oil

- ☐ 0.8 cup onion chopped
- ☐ 0.3 teaspoon oregano dried whole
- ☐ 2 ounces sharp cheddar cheese shredded
- ☐ 0.5 cup cup heavy whipping cream sour
- ☐ 0.1 teaspoon thyme leaves dried whole
- ☐ 0.5 cup spicy bloody mary mix
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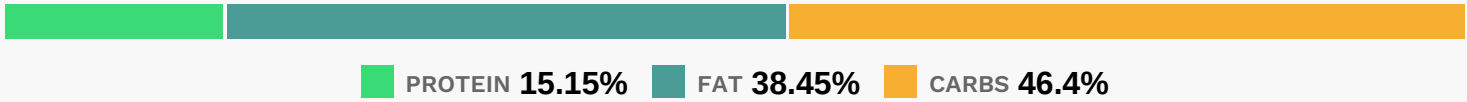
Equipment

- ☐ frying pan
- ☐ oven

Directions

- ☐ Cook black-eyed peas according to package directions.
- ☐ Drain and set aside.
- ☐ Saute chopped onion, green onions, green pepper, and garlic in hot olive oil in a large skillet over medium-high heat until tender.
- ☐ Add peas, rice, and next 4 ingredients to onion mixture; stir well. Spoon mixture into a greased 1 1/2-quart casserole.
- ☐ Bake, uncovered, at 350 for 30 minutes. Top with sour cream, cheese, and parsley. If desired, place tortilla chips around edge of casserole, and sprinkle with crushed chips.

Nutrition Facts



Properties

Glycemic Index:35.1, Glycemic Load:7.71, Inflammation Score:-6, Nutrition Score:9.2656522257173%

Flavonoids

Apigenin: 3.23mg, Apigenin: 3.23mg, Apigenin: 3.23mg, Apigenin: 3.23mg Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg Isorhamnetin: 0.6mg, Isorhamnetin: 0.6mg, Isorhamnetin: 0.6mg, Isorhamnetin:

0.6mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg Quercetin: 3.14mg, Quercetin: 3.14mg, Quercetin: 3.14mg, Quercetin: 3.14mg

Nutrients (% of daily need)

Calories: 133.9kcal (6.7%), Fat: 5.92g (9.11%), Saturated Fat: 2.53g (15.78%), Carbohydrates: 16.07g (5.36%), Net Carbohydrates: 12.84g (4.67%), Sugar: 3.99g (4.43%), Cholesterol: 12.45mg (4.15%), Sodium: 98.64mg (4.29%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.25g (10.5%), Vitamin K: 39.89µg (37.99%), Folate: 75.33µg (18.83%), Vitamin C: 13.91mg (16.86%), Manganese: 0.33mg (16.49%), Fiber: 3.23g (12.92%), Phosphorus: 107.13mg (10.71%), Copper: 0.18mg (9.17%), Iron: 1.56mg (8.66%), Vitamin A: 426.46IU (8.53%), Calcium: 84.83mg (8.48%), Potassium: 278.14mg (7.95%), Magnesium: 31.76mg (7.94%), Vitamin B6: 0.15mg (7.66%), Vitamin B1: 0.11mg (7.32%), Vitamin E: 0.97mg (6.44%), Selenium: 4.31µg (6.15%), Zinc: 0.87mg (5.81%), Vitamin B2: 0.09mg (5.58%), Vitamin B3: 0.82mg (4.1%), Vitamin B5: 0.39mg (3.89%), Vitamin B12: 0.08µg (1.4%)