



Hoppin' Juan

 **Gluten Free**

READY IN



40 min.

SERVINGS



6

CALORIES



240 kcal

SIDE DISH

Ingredients

- 2 tablespoons butter
- 15 ounce black-eyed peas drained and rinsed canned
- 10 ounce canned tomatoes diced with habaneros (such as ro*tel® hot), drained canned
- 4 slices bacon cooked chopped
- 2 cups rice white cooked
- 2 cloves garlic minced
- 6 servings salt and ground pepper black to taste
- 2 small jalapeño peppers chopped

1 bell pepper red chopped

1 onion yellow chopped

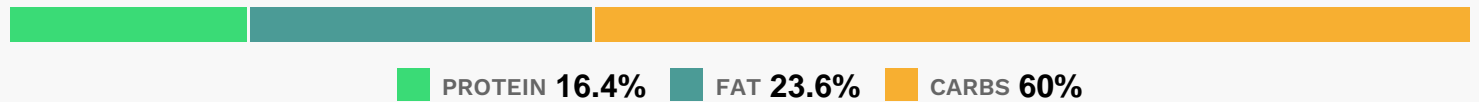
Equipment

frying pan

Directions

Melt butter in a large pan over medium heat; cook and stir onion, red bell pepper, jalapeno peppers, and garlic in hot butter until onion is translucent, about 5 minutes. Stir cooked rice, black-eyed peas, diced tomatoes with habanero peppers, bacon, salt, and black pepper into vegetables. Cook for 10 minutes to blend flavors, stirring frequently.

Nutrition Facts



Properties

Glycemic Index:65.17, Glycemic Load:21.84, Inflammation Score:-8, Nutrition Score:15.225217270462%

Flavonoids

Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 4.02mg, Quercetin: 4.02mg, Quercetin: 4.02mg, Quercetin: 4.02mg

Nutrients (% of daily need)

Calories: 239.8kcal (11.99%), Fat: 6.42g (9.87%), Saturated Fat: 3.22g (20.14%), Carbohydrates: 36.69g (12.23%), Net Carbohydrates: 30.07g (10.94%), Sugar: 6.26g (6.96%), Cholesterol: 15.31mg (5.1%), Sodium: 187.19mg (8.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.03g (20.06%), Vitamin C: 37.22mg (45.12%), Folate: 169.19µg (42.3%), Manganese: 0.75mg (37.64%), Fiber: 6.62g (26.48%), Phosphorus: 183.52mg (18.35%), Vitamin A: 903.1IU (18.06%), Copper: 0.34mg (16.77%), Vitamin B6: 0.33mg (16.57%), Vitamin B1: 0.24mg (16.16%), Magnesium: 60.41mg (15.1%), Iron: 2.71mg (15.07%), Potassium: 467.16mg (13.35%), Selenium: 9.03µg (12.9%), Zinc: 1.57mg (10.45%), Vitamin B3: 1.98mg (9.92%), Vitamin E: 1.43mg (9.51%), Vitamin B5: 0.8mg (8%), Vitamin B2: 0.11mg (6.51%), Vitamin K: 6.12µg (5.83%), Calcium: 48.47mg (4.85%), Vitamin B12: 0.07µg (1.1%)