

My Hoppin' John

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

READY IN



90 min.

SERVINGS



8

CALORIES



454 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 bay leaves
- 45 ounce black-eyed peas rinsed drained canned
- 3 stalks celery chopped
- 1.3 cups chicken broth as needed
- 0.3 teaspoon thyme leaves dried
- 1 cup cooking wine dry white
- 2 cloves garlic minced
- 1 cup ham chopped

- 1 large meaty ham bone
- 1 tablespoon olive oil
- 1.5 cups onion chopped
- 8 servings salt and pepper to taste
- 4 cups water
- 2 cups rice white uncooked

Equipment

- sauce pan
- pot
- dutch oven

Directions

- Heat the olive oil in a large Dutch oven or soup pot over medium-high heat and brown the ham bone on all sides, about 15 minutes. Reduce heat to medium and stir in the onion, celery, and garlic, and cook until the onion is translucent, stirring often, about 5 minutes.
- Add the black-eyed peas, 2 cups of water, chicken broth, wine, ham, bay leaves, thyme, salt, and pepper; stir. Bring the mixture to a boil. Reduce heat and simmer until the mixture is thickened and the flavors have blended, 30 to 60 minutes.
- Add more chicken stock if the mixture is too thick.
- About 30 minutes before serving, bring the rice and 4 cups of water to a boil in a saucepan. Reduce heat to medium-low, cover, and simmer until the rice is tender and the liquid has been absorbed, 20 to 25 minutes.
- Let the rice stand covered for about 10 minutes to absorb steam.
- Remove the ham bone from the soup, cutting any extra ham off the bone and returning it to the pot. Discard the bone. Stir the cooked rice into the black-eyed pea mixture until well combined and serve.

Nutrition Facts



Properties

Glycemic Index:25.77, Glycemic Load:32.45, Inflammation Score:-8, Nutrition Score:21.886086865612%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 0.43mg, Apigenin: 0.43mg, Apigenin: 0.43mg, Apigenin: 0.43mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 6.17mg, Quercetin: 6.17mg, Quercetin: 6.17mg, Quercetin: 6.17mg

Nutrients (% of daily need)

Calories: 453.97kcal (22.7%), Fat: 5.98g (9.19%), Saturated Fat: 1.62g (10.11%), Carbohydrates: 74.56g (24.85%), Net Carbohydrates: 62.81g (22.84%), Sugar: 7.24g (8.05%), Cholesterol: 11.58mg (3.86%), Sodium: 567.23mg (24.66%), Alcohol: 3.09g (100%), Alcohol %: 0.76% (100%), Protein: 20.14g (40.28%), Folate: 347.47µg (86.87%), Manganese: 1.39mg (69.34%), Fiber: 11.75g (47%), Phosphorus: 359.81mg (35.98%), Vitamin B1: 0.49mg (32.5%), Copper: 0.59mg (29.45%), Magnesium: 108.9mg (27.22%), Iron: 4.8mg (26.66%), Selenium: 15.44µg (22.06%), Zinc: 3.12mg (20.82%), Potassium: 660.71mg (18.88%), Vitamin B6: 0.37mg (18.69%), Vitamin B5: 1.3mg (12.99%), Vitamin B3: 2.51mg (12.56%), Vitamin B2: 0.19mg (11.35%), Vitamin K: 8.99µg (8.57%), Calcium: 75.36mg (7.54%), Vitamin E: 0.88mg (5.84%), Vitamin C: 3.58mg (4.34%), Vitamin B12: 0.12µg (1.99%), Vitamin A: 95.41IU (1.91%)