



Pinto Beans, Ham Hocks, and Rice

 Gluten Free  Dairy Free

READY IN



190 min.

SERVINGS



8

CALORIES



521 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 16 ounce pinto beans dried
- ☐ 1 large bell pepper diced green
- ☐ 6 green onions chopped
- ☐ 0.5 teaspoon pepper
- ☐ 1 cup rice long-grain uncooked
- ☐ 1 teaspoon salt
- ☐ 20 ounce ham hocks smoked
- ☐ 2 quarts water

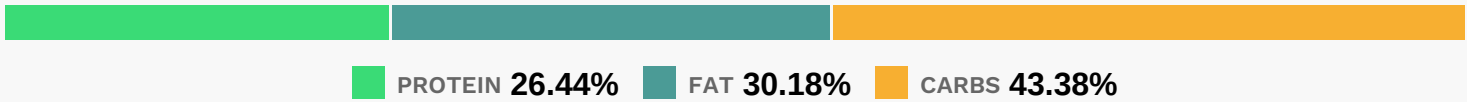
Equipment

☐ dutch oven

Directions

- ☐ Sort and wash beans.
- ☐ Place beans in a Dutch oven; add water 2 inches above beans, and soak 8 hours.
- ☐ Drain.
- ☐ Bring beans and next 4 ingredients to a boil in a Dutch oven; cover, reduce heat, and simmer, stirring occasionally, 2 1/2 hours or until beans are tender.
- ☐ Stir in rice, bell pepper, and green onions. Cover and simmer 20 minutes or until rice is tender.
- ☐ Remove ham hocks, and let cool; remove and chop meat, discarding skin and bones. Stir in chopped meat from ham hocks and, if desired, 2 cups chopped ham.

Nutrition Facts



Properties

Glycemic Index:21.77, Glycemic Load:21.74, Inflammation Score:-7, Nutrition Score:20.760869503021%

Flavonoids

Catechin: 2.87mg, Catechin: 2.87mg, Catechin: 2.87mg, Catechin: 2.87mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Luteolin: 0.97mg, Luteolin: 0.97mg, Luteolin: 0.97mg, Luteolin: 0.97mg Kaempferol: 1.47mg, Kaempferol: 1.47mg, Kaempferol: 1.47mg, Kaempferol: 1.47mg Quercetin: 1.54mg, Quercetin: 1.54mg, Quercetin: 1.54mg

Nutrients (% of daily need)

Calories: 520.91kcal (26.05%), Fat: 17.21g (26.47%), Saturated Fat: 6.22g (38.85%), Carbohydrates: 55.65g (18.55%), Net Carbohydrates: 45.94g (16.71%), Sugar: 1.93g (2.14%), Cholesterol: 77.25mg (25.75%), Sodium: 489.74mg (21.29%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 33.92g (67.84%), Folate: 307.35µg (76.84%), Manganese: 0.96mg (47.93%), Fiber: 9.7g (38.81%), Potassium: 1138.95mg (32.54%), Copper: 0.62mg (30.9%), Vitamin B1: 0.44mg (29.15%), Magnesium: 112.01mg (28%), Selenium: 19.37µg (27.67%), Phosphorus: 267.25mg (26.73%), Vitamin C: 21.75mg (26.36%), Iron: 4.43mg (24.59%), Vitamin K: 23.55µg (22.43%), Vitamin B6: 0.36mg (17.92%), Zinc: 1.63mg (10.88%), Calcium: 101.08mg (10.11%), Vitamin B2: 0.14mg (8.51%), Vitamin B5: 0.71mg

(7.08%), Vitamin B3: 1.18mg (5.91%), Vitamin A: 166.26IU (3.33%), Vitamin E: 0.27mg (1.81%)