



Quick Hoppin' John Soup



Gluten Free



Dairy Free

READY IN



35 min.

SERVINGS



8

CALORIES



553 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 30 ounce black-eyed peas drained canned
- ☐ 29 ounce tomatoes diced with liquid canned
- ☐ 28 ounce chicken broth canned
- ☐ 1 pound sage pork sausage
- ☐ 6 ounce rice mix long grain wild with seasoning packet uncooked
- ☐ 8 servings salt to taste
- ☐ 2 cups water

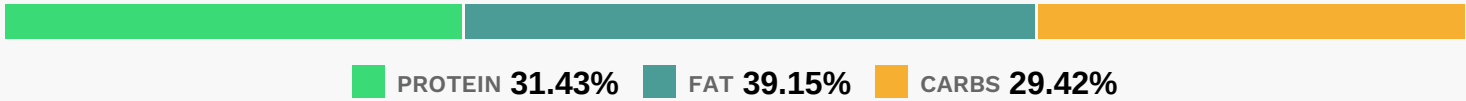
Equipment

- ☐ frying pan
- ☐ pot

Directions

- ☐ Crumble sausage into a skillet over medium heat and cook until evenly brown.
- ☐ In a large pot, mix the cooked sausage, rice mix with seasoning packet, black-eyed peas, tomatoes, broth and water. Bring to a boil. Reduce heat to low, cover and simmer 20 minutes, or until rice is tender. Season to taste with salt.

Nutrition Facts



Properties

Glycemic Index:9.25, Glycemic Load:6.5, Inflammation Score:-8, Nutrition Score:38.42608692335%

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 Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg

Nutrients (% of daily need)

Calories: 553.06kcal (27.65%), Fat: 24.69g (37.98%), Saturated Fat: 7.71g (48.22%), Carbohydrates: 41.73g (13.91%), Net Carbohydrates: 24.75g (9%), Sugar: 6.82g (7.58%), Cholesterol: 90.43mg (30.14%), Sodium: 1192.13mg (51.83%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 44.59g (89.18%), Vitamin K: 139.48µg (132.84%), Manganese: 1.65mg (82.42%), Iron: 13.41mg (74.5%), Folate: 282.29µg (70.57%), Fiber: 16.97g (67.9%), Phosphorus: 445.19mg (44.52%), Calcium: 417.82mg (41.78%), Vitamin B6: 0.8mg (40.22%), Zinc: 5.8mg (38.7%), Magnesium: 152.44mg (38.11%), Vitamin B3: 7.29mg (36.46%), Vitamin E: 5.3mg (35.36%), Selenium: 21.97µg (31.39%), Vitamin B1: 0.45mg (30.3%), Potassium: 1049.11mg (29.97%), Copper: 0.59mg (29.35%), Vitamin B12: 1.47µg (24.57%), Vitamin B2: 0.4mg (23.27%), Vitamin A: 716IU (14.32%), Vitamin C: 10.87mg (13.17%), Vitamin B5: 1.13mg (11.34%), Vitamin D: 0.84µg (5.58%)