



Slow Cooker Hoppin' John

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

READY IN



335 min.

SERVINGS



6

CALORIES



330 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 cup black-eyed peas dried picked over rinsed
- 15 oz canned tomatoes diced drained canned
- 0.5 teaspoon pepper red crushed
- 1 small onion
- 1.5 cups rice long-grain
- 1 teaspoon salt
- 4 strips bacon diced thick-cut

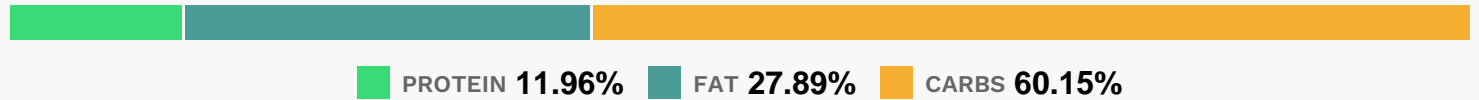
Equipment

- sauce pan
- slow cooker

Directions

- Place bacon in a saucepan and cook over medium heat until just beginning to crisp.
- Add onion and cook, stirring, until softened, about 5 minutes. Scrape bacon, bacon fat and onion into slow cooker.
- Add crushed red pepper, peas and 4 cups water and stir to combine. Cover and cook on low until peas are nearly tender, 3 to 4 hours.
- Stir in tomatoes, rice and salt. Cover and continue to cook just until rice is tender and has absorbed all liquid, 1 to 1 1/2 hours. Fluff with a fork and serve.

Nutrition Facts



Properties

Glycemic Index:27.86, Glycemic Load:25.62, Inflammation Score:-5, Nutrition Score:11.323478185612%

Flavonoids

Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 2.37mg, Quercetin: 2.37mg, Quercetin: 2.37mg, Quercetin: 2.37mg

Nutrients (% of daily need)

Calories: 329.96kcal (16.5%), Fat: 10.22g (15.72%), Saturated Fat: 3.35g (20.95%), Carbohydrates: 49.57g (16.52%), Net Carbohydrates: 45.51g (16.55%), Sugar: 4.63g (5.14%), Cholesterol: 15.84mg (5.28%), Sodium: 646.67mg (28.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.86g (19.71%), Manganese: 0.79mg (39.53%), Folate: 74.8µg (18.7%), Selenium: 13.04µg (18.63%), Fiber: 4.07g (16.27%), Copper: 0.32mg (16.24%), Phosphorus: 159.03mg (15.9%), Vitamin B6: 0.29mg (14.61%), Vitamin B1: 0.22mg (14.36%), Vitamin B3: 2.75mg (13.73%), Iron: 2.17mg (12.03%), Potassium: 408.42mg (11.67%), Magnesium: 45.24mg (11.31%), Vitamin B5: 0.93mg (9.33%), Zinc: 1.38mg (9.18%), Vitamin C: 7.5mg (9.09%), Vitamin E: 1.19mg (7.91%), Vitamin B2: 0.1mg (5.85%), Calcium: 48.6mg (4.86%), Vitamin K: 4.51µg (4.3%), Vitamin A: 215.21IU (4.3%), Vitamin B12: 0.12µg (2%)