



Slow-Cooker New Hoppin' John

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

READY IN



500 min.

SERVINGS



4

CALORIES



1001 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 31.6 oz blackeyed peas rinsed drained canned
- 1 tablespoon dehydrated onion dried chopped
- 0.5 cup rice instant uncooked
- 1.8 cups chicken broth reduced-sodium (from 32-oz carton)
- 1.3 lb pork hock smoked
- 0.5 lb andouille smoked cut in half lengthwise, then cut crosswise into 1-inch pieces

Equipment

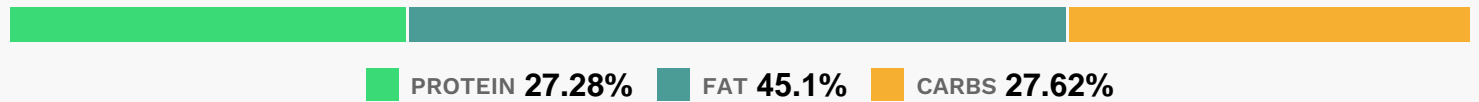
- slow cooker

cutting board

Directions

- Spray 3 1/2- to 4-quart slow cooker with cooking spray.
- Place pork hocks in cooker.
- Add 1 cup of the broth (refrigerate remaining broth). Top pork with onion, peas and sausage.
- Cover; cook on Low heat setting 8 to 10 hours.
- Remove pork from cooker; place on cutting board. Pull meat from bones, using 2 forks; discard bones, skin and fat. Return pork to cooker.
- Add remaining broth and the rice. Increase heat setting to High. Cover; cook 10 minutes or until rice is tender.

Nutrition Facts



Properties

Glycemic Index:25.55, Glycemic Load:24.22, Inflammation Score:-8, Nutrition Score:27.963043542012%

Nutrients (% of daily need)

Calories: 1000.68kcal (50.03%), Fat: 49.63g (76.35%), Saturated Fat: 17.81g (111.28%), Carbohydrates: 68.39g (22.8%), Net Carbohydrates: 53.41g (19.42%), Sugar: 8.02g (8.91%), Cholesterol: 194.76mg (64.92%), Sodium: 876.53mg (38.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 67.53g (135.06%), Folate: 472.03µg (118.01%), Manganese: 1.35mg (67.69%), Fiber: 14.97g (59.89%), Iron: 8.91mg (49.48%), Phosphorus: 471.4mg (47.14%), Vitamin B1: 0.62mg (41.48%), Potassium: 1385.65mg (39.59%), Copper: 0.74mg (37.15%), Magnesium: 133.47mg (33.37%), Zinc: 4.46mg (29.76%), Selenium: 16.58µg (23.69%), Vitamin B3: 4.74mg (23.68%), Vitamin B6: 0.39mg (19.43%), Vitamin B12: 0.96µg (15.99%), Vitamin B2: 0.26mg (15.48%), Vitamin B5: 1.42mg (14.22%), Calcium: 99.89mg (9.99%), Vitamin E: 0.65mg (4.37%), Vitamin D: 0.62µg (4.16%), Vitamin K: 3.88µg (3.69%), Vitamin C: 1.83mg (2.22%)