



## Basic Pot of Pole Beans

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



79 kcal

SIDE DISH

### Ingredients

- 3 slices bacon
- 0.3 teaspoon pepper black freshly ground
- 42 ounce fat-skimmed beef broth fat-free canned
- 1.5 pounds turtle beans trimmed cut in half crosswise
- 1 cup onion chopped
- 0.3 teaspoon salt

### Equipment

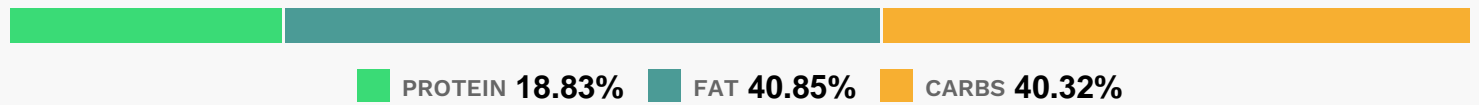
- frying pan

dutch oven

## Directions

- Cook bacon in a large Dutch oven over medium heat until crisp.
- Remove bacon from pan, reserving 1 teaspoon drippings in pan. Crumble bacon; set aside.
- Add onion to drippings in pan; cook 3 minutes, stirring frequently.
- Add bacon, salt, and remaining ingredients; bring to a boil. Reduce heat, and simmer, uncovered, 25 minutes or until beans are tender.

## Nutrition Facts



## Properties

Glycemic Index:10.38, Glycemic Load:1.56, Inflammation Score:-4, Nutrition Score:5.530869577242%

## Flavonoids

Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.06mg, Quercetin: 4.06mg, Quercetin: 4.06mg, Quercetin: 4.06mg

## Nutrients (% of daily need)

Calories: 79.13kcal (3.96%), Fat: 3.72g (5.72%), Saturated Fat: 1.1g (6.91%), Carbohydrates: 8.26g (2.75%), Net Carbohydrates: 6.63g (2.41%), Sugar: 1.07g (1.19%), Cholesterol: 5.45mg (1.82%), Sodium: 741.94mg (32.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.86g (7.71%), Vitamin C: 19.34mg (23.44%), Folate: 90.35µg (22.59%), Potassium: 268.78mg (7.68%), Selenium: 5.04µg (7.19%), Magnesium: 27.55mg (6.89%), Iron: 1.23mg (6.81%), Phosphorus: 66.47mg (6.65%), Fiber: 1.63g (6.53%), Vitamin B3: 1.19mg (5.93%), Vitamin B12: 0.34µg (5.65%), Copper: 0.1mg (5%), Calcium: 49.56mg (4.96%), Vitamin B6: 0.07mg (3.35%), Zinc: 0.5mg (3.35%), Vitamin B1: 0.04mg (2.83%), Vitamin B2: 0.04mg (2.56%), Manganese: 0.05mg (2.56%), Vitamin B5: 0.25mg (2.5%)