



## B. Dukes Lima Beans, Cabbage and Smoked Sausage

 Gluten Free

READY IN



120 min.

SERVINGS



8

CALORIES



648 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.5 cup butter
- 5 cups cabbage shredded
- 28 ounce canned tomatoes diced canned
- 16 ounce lima beans \*soaked overnight dried
- 0.8 teaspoon garlic powder
- 0.8 teaspoon ground pepper black
- 1.5 teaspoons salt

- 2 ham hocks smoked
- 1 pound sausage smoked sliced
- 8 cups water

## Equipment

- pot

## Directions

- In a large pot, combine the lima beans, ham hocks, water, cabbage and butter. Season with salt, pepper and garlic powder. Bring to a boil, then reduce heat to low and set a lid on top but leave a crack for steam. Simmer for 1 1/2 hours.
- Remove the lid, add the tomatoes and sausage; simmer with the lid on until beans are completely tender, 15 to 20 minutes.

## Nutrition Facts

**PROTEIN 20.3%** **FAT 50.91%** **CARBS 28.79%**

## Properties

Glycemic Index:24.58, Glycemic Load:9.67, Inflammation Score:-8, Nutrition Score:28.669999495797%

## Flavonoids

Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

## Nutrients (% of daily need)

Calories: 647.52kcal (32.38%), Fat: 37.06g (57.02%), Saturated Fat: 16.27g (101.71%), Carbohydrates: 47.16g (15.72%), Net Carbohydrates: 33.34g (12.12%), Sugar: 10.6g (11.78%), Cholesterol: 117.08mg (39.03%), Sodium: 1275.4mg (55.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 33.24g (66.49%), Folate: 258.53µg (64.63%), Manganese: 1.25mg (62.42%), Fiber: 13.82g (55.3%), Potassium: 1615.07mg (46.14%), Vitamin K: 43.21µg (41.15%), Magnesium: 162.1mg (40.53%), Iron: 7.05mg (39.17%), Vitamin B1: 0.54mg (35.87%), Copper: 0.69mg (34.28%), Phosphorus: 326.95mg (32.7%), Vitamin C: 25.14mg (30.48%), Vitamin B6: 0.6mg (29.77%), Zinc: 3.2mg (21.31%), Vitamin B3: 4.03mg (20.13%), Selenium: 12.46µg (17.79%), Vitamin B2: 0.29mg (16.8%), Vitamin B12: 0.88µg (14.67%), Vitamin B5: 1.41mg (14.07%), Vitamin E: 2.05mg (13.65%), Vitamin A: 611.78IU (12.24%), Calcium: 121.46mg (12.15%), Vitamin D: 0.62µg (4.16%)