



 **43%**
HEALTH SCORE

Beans With Smoked Pork Hock

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

READY IN



45 min.

SERVINGS



4

CALORIES



108 kcal

SIDE DISH

Ingredients

- 1 bay leaves
- 6 carrots halved lengthwise sliced
- 100 grams celery root
- 4 cloves garlic minced
- 400 grams turtle beans
- 1 large onion sliced
- 1 gram pork hock smoked
- 4 servings salt and pepper

1 vegetable cube

Equipment

frying pan

blender

Directions

Soak beans the night before. Wash the smoked pork hock, remove skin.

Place onion and meat in a large pan.

Add beans, bay leaf and garlic. Cover beans and meat with water. Crumble in the vegetable cube. Cook beans and meat for about 60 minutes on low heat, covered. Chop the carrots and celery in a blender, add to the meat and beans 15 minutes before the end of cooking. Stir.

Remove the cooked pork hock from the beans, tear into smaller pieces.

Remove the bay leaf.

Add salt and pepper as needed.

Serve beans with small pieces of meat and black bread.

Nutrition Facts



PROTEIN 14.04% **FAT 6.68%** **CARBS 79.28%**

Properties

Glycemic Index: 40.71, Glycemic Load: 5.95, Inflammation Score: -10, Nutrition Score: 14.788695652174%

Flavonoids

Apigenin: 0.61mg, Apigenin: 0.61mg, Apigenin: 0.61mg, Apigenin: 0.61mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.47mg, Kaempferol: 0.47mg, Kaempferol: 0.47mg, Kaempferol: 0.47mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 7.9mg, Quercetin: 7.9mg, Quercetin: 7.9mg, Quercetin: 7.9mg

Taste

Sweetness: 100%, Saltiness: 37.02%, Sourness: 10.93%, Bitterness: 60.03%, Savoriness: 0.29%, Fattiness: 2.78%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 107.78kcal (5.39%), Fat: 0.86g (1.32%), Saturated Fat: 0.09g (0.56%), Carbohydrates: 22.88g (7.63%), Net Carbohydrates: 17.64g (6.41%), Sugar: 6.43g (7.14%), Cholesterol: 0.27mg (0.09%), Sodium: 460.57mg (20.02%), Protein: 4.05g (8.1%), Vitamin A: 15288.56IU (305.77%), Vitamin C: 32.12mg (38.93%), Folate: 126.65µg (31.66%), Vitamin K: 22.53µg (21.46%), Fiber: 5.24g (20.96%), Potassium: 644.67mg (18.42%), Manganese: 0.27mg (13.57%), Vitamin B6: 0.25mg (12.51%), Magnesium: 47.52mg (11.88%), Phosphorus: 114.27mg (11.43%), Calcium: 100.38mg (10.04%), Iron: 1.7mg (9.42%), Copper: 0.15mg (7.63%), Vitamin B1: 0.1mg (6.41%), Vitamin B3: 1.14mg (5.7%), Zinc: 0.8mg (5.35%), Vitamin B2: 0.08mg (4.8%), Vitamin E: 0.7mg (4.69%), Vitamin B5: 0.4mg (4.02%), Selenium: 0.88µg (1.26%)