

Butter Beans

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



177 kcal

SIDE DISH

Ingredients

- ☐ 1 tablespoon butter
- ☐ 32 ounce shell beans frozen
- ☐ 1 teaspoon salt
- ☐ 0.3 cup whipping cream

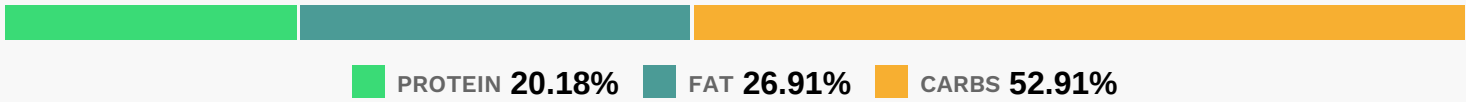
Equipment

- ☐ sauce pan

Directions

- ☐ Combine butter beans, salt, and water to cover in a large saucepan. Bring to a boil. Reduce heat; cover and simmer 30 minutes or until beans are tender.
- ☐ Drain.
- ☐ Add butter and whipping cream to beans in saucepan. Cook over low heat, stirring occasionally, 5 minutes or until mixture is thoroughly heated.

Nutrition Facts



Properties

Glycemic Index:3.94, Glycemic Load:4.96, Inflammation Score:-5, Nutrition Score:9.4582608309777%

Nutrients (% of daily need)

Calories: 176.71kcal (8.84%), Fat: 5.42g (8.34%), Saturated Fat: 2.67g (16.71%), Carbohydrates: 23.97g (7.99%), Net Carbohydrates: 16.04g (5.83%), Sugar: 3.58g (3.98%), Cholesterol: 11.21mg (3.74%), Sodium: 312.13mg (13.57%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.14g (18.28%), Fiber: 7.94g (31.75%), Manganese: 0.59mg (29.3%), Folate: 94.53µg (23.63%), Potassium: 586.28mg (16.75%), Iron: 2.72mg (15.13%), Copper: 0.27mg (13.39%), Phosphorus: 132.03mg (13.2%), Magnesium: 49.52mg (12.38%), Vitamin B1: 0.18mg (12.32%), Vitamin B6: 0.19mg (9.31%), Selenium: 5.4µg (7.72%), Zinc: 1.1mg (7.35%), Vitamin B5: 0.51mg (5.05%), Vitamin B2: 0.08mg (4.8%), Vitamin A: 208.37IU (4.17%), Calcium: 26.53mg (2.65%), Vitamin K: 2.59µg (2.46%), Vitamin B3: 0.48mg (2.42%), Vitamin E: 0.35mg (2.33%), Vitamin D: 0.16µg (1.06%)