



Buttery Baby Limas with Tarragon Mustard



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



5

CALORIES



82 kcal

SIDE DISH

Ingredients

- ☐ 1 tablespoon dijon mustard
- ☐ 0.3 teaspoon tarragon dried
- ☐ 10 ounce baby lima beans frozen thawed
- ☐ 0.1 teaspoon pepper
- ☐ 0.3 teaspoon salt
- ☐ 1.3 cups water
- ☐ 2 tablespoons yogurt-based spread (such as Brummel & Brown)

Equipment

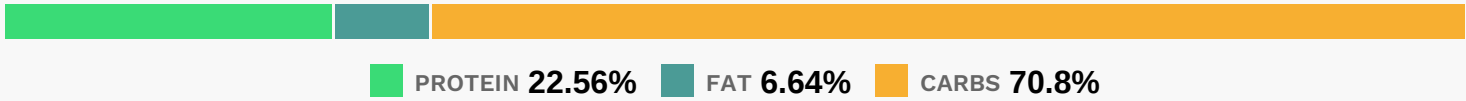
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 sauce pan

Directions

- ☐ Bring water to a boil in a small saucepan; add beans. Cover and simmer 8 minutes.
- ☐ Drain well.
- ☐ Add yogurt-based spread and next 4 ingredients to beans; stir well.
- ☐ carbo rating: 8

Nutrition Facts



Properties

Glycemic Index:30.6, Glycemic Load:0.12, Inflammation Score:-3, Nutrition Score:4.8195652568146%

Nutrients (% of daily need)

Calories: 81.97kcal (4.1%), Fat: 0.62g (0.95%), Saturated Fat: 0.24g (1.47%), Carbohydrates: 14.87g (4.96%), Net Carbohydrates: 11.32g (4.12%), Sugar: 0.42g (0.46%), Cholesterol: 1.04mg (0.35%), Sodium: 185.47mg (8.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.74g (9.47%), Manganese: 0.43mg (21.28%), Fiber: 3.55g (14.2%), Magnesium: 31.78mg (7.94%), Potassium: 276.89mg (7.91%), Iron: 1.34mg (7.46%), Phosphorus: 70.2mg (7.02%), Vitamin C: 4.81mg (5.83%), Vitamin B6: 0.1mg (4.9%), Vitamin B1: 0.07mg (4.86%), Copper: 0.09mg (4.32%), Folate: 16.93µg (4.23%), Calcium: 34.62mg (3.46%), Selenium: 2.39µg (3.42%), Vitamin B2: 0.06mg (3.37%), Vitamin B3: 0.61mg (3.06%), Zinc: 0.43mg (2.9%), Vitamin A: 121.68IU (2.43%), Vitamin B5: 0.15mg (1.47%)