



Country Style Green Beans with Red Potatoes

 Gluten Free  Dairy Free

READY IN



200 min.

SERVINGS



8

CALORIES



221 kcal

SIDE DISH

Ingredients

- 1 tablespoon garlic powder
- 29 ounce green beans drained and rinsed canned
- 2 teaspoons ground pepper black
- 1 large onion chopped
- 10 small potatoes red cubed peeled
- 1 tablespoon lawry's seasoned salt
- 0.5 pound turkey tails smoked

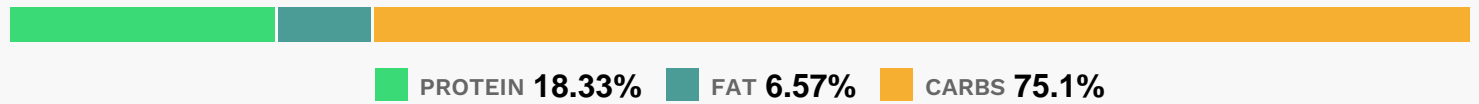
Equipment

- pot
- dutch oven

Directions

- Place the turkey tails and onion into a 4 quart Dutch oven and fill half way full with water. Season with salt, pepper and garlic powder. Bring to a boil, then cover and simmer over low heat until meat falls off the bones, about 2 hours.
- Remove the bones and skin; return the meat to the pot. Discard bones and skin.
- Add the green beans to the Dutch oven and simmer for 20 minutes, then add the potatoes. Simmer for 10 to 15 minutes more, or until they can be easily pierced with a fork.

Nutrition Facts



Properties

Glycemic Index:13.75, Glycemic Load:2.5, Inflammation Score:-8, Nutrition Score:18.55434797769%

Flavonoids

Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg Kaempferol: 0.58mg, Kaempferol: 0.58mg, Kaempferol: 0.58mg, Kaempferol: 0.58mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 7.99mg, Quercetin: 7.99mg, Quercetin: 7.99mg, Quercetin: 7.99mg

Nutrients (% of daily need)

Calories: 221.05kcal (11.05%), Fat: 1.7g (2.62%), Saturated Fat: 0.44g (2.73%), Carbohydrates: 43.75g (14.58%), Net Carbohydrates: 36.83g (13.39%), Sugar: 6.93g (7.7%), Cholesterol: 14.49mg (4.83%), Sodium: 940.46mg (40.89%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.68g (21.35%), Vitamin K: 51.25µg (48.81%), Vitamin C: 32.21mg (39.04%), Potassium: 1274.93mg (36.43%), Vitamin B6: 0.67mg (33.36%), Manganese: 0.62mg (31.2%), Fiber: 6.92g (27.69%), Vitamin B3: 4.77mg (23.84%), Phosphorus: 215.88mg (21.59%), Magnesium: 81mg (20.25%), Copper: 0.39mg (19.56%), Folate: 77.69µg (19.42%), Vitamin B1: 0.28mg (18.64%), Iron: 2.93mg (16.3%), Vitamin A: 738.35IU (14.77%), Vitamin B2: 0.22mg (12.79%), Vitamin B5: 1.02mg (10.25%), Zinc: 1.38mg (9.17%), Selenium: 6.33µg (9.04%), Calcium: 69.35mg (6.93%), Vitamin B12: 0.25µg (4.09%), Vitamin E: 0.48mg (3.18%)