

Creamed Beans and Potatoes

 Vegetarian

READY IN



20 min.

SERVINGS



6

CALORIES



183 kcal

SIDE DISH

Ingredients

- 2 tablespoons butter
- 2 tablespoons flour all-purpose
- 10 ounces turtle beans frozen
- 1 cup milk
- 0.1 teaspoon pepper
- 4 medium potatoes – remove skin red cut into wedges
- 0.5 teaspoon salt

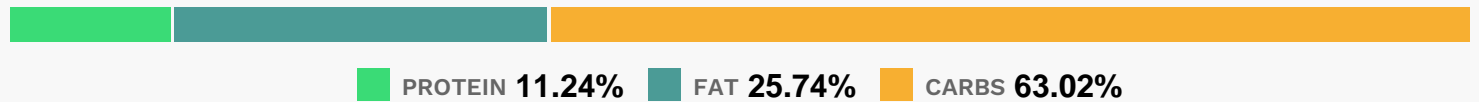
Equipment

- bowl
- sauce pan

Directions

- Place potatoes in a large saucepan and cover with water. Bring to a boil. Reduce heat; cover and simmer for 15–20 minutes or until tender. Cook beans according to package directions.
- Meanwhile, melt butter in a saucepan; stir in flour, salt and pepper until smooth. Gradually add milk. Bring to a boil; cook and stir for 1 minute or until thickened.
- Drain potatoes and beans; place in a serving bowl.
- Add sauce and stir to coat.

Nutrition Facts



Properties

Glycemic Index:36.5, Glycemic Load:2.74, Inflammation Score:-5, Nutrition Score:9.5926085943761%

Flavonoids

Quercetin: 0.92mg, Quercetin: 0.92mg, Quercetin: 0.92mg, Quercetin: 0.92mg

Nutrients (% of daily need)

Calories: 183.47kcal (9.17%), Fat: 5.41g (8.32%), Saturated Fat: 3.21g (20.06%), Carbohydrates: 29.77g (9.92%), Net Carbohydrates: 26.57g (9.66%), Sugar: 3.8g (4.22%), Cholesterol: 14.91mg (4.97%), Sodium: 267.7mg (11.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.31g (10.62%), Vitamin C: 22.13mg (26.83%), Potassium: 810.24mg (23.15%), Folate: 77.53µg (19.38%), Phosphorus: 149.53mg (14.95%), Vitamin B6: 0.27mg (13.38%), Fiber: 3.2g (12.8%), Magnesium: 49.6mg (12.4%), Copper: 0.23mg (11.4%), Manganese: 0.22mg (11.24%), Vitamin B1: 0.16mg (10.51%), Iron: 1.68mg (9.33%), Vitamin B3: 1.82mg (9.12%), Calcium: 87.28mg (8.73%), Vitamin B2: 0.11mg (6.71%), Vitamin B5: 0.56mg (5.65%), Zinc: 0.85mg (5.65%), Vitamin K: 4.64µg (4.42%), Vitamin A: 192.67IU (3.85%), Vitamin B12: 0.23µg (3.79%), Selenium: 2.38µg (3.4%), Vitamin D: 0.45µg (2.98%)