



## Creamy Ham and Beans

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

READY IN



**35 min.**

SERVINGS



**20**

CALORIES



**221 kcal**

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

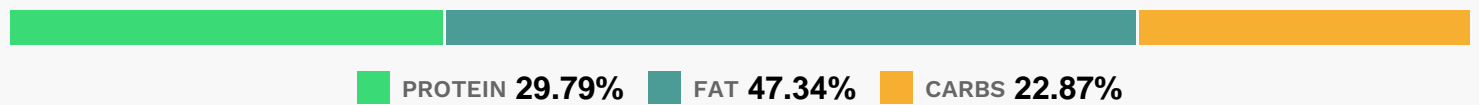
- 21.5 ounce cream of mushroom soup canned
- 2 pounds cannellini beans dry
- 6 cups ham chopped
- 2 onions chopped
- 8 ounces processed cheese food sliced (eg. Velveeta)
- 1 gallon water boiling

### Equipment

## Directions

- Add beans to boiling water and cook on high. Beans will soak up some water, so you will need to add more water later.
- As soon as beans can be mashed with fork, add ham and onions, let cook until beans and ham are done.
- Turn down to medium heat and add soup and cheese. Stir frequently while soup and cheese are mixed into the beans. When cheese is melted turn off heat and serve. Leftovers may be frozen.

## Nutrition Facts



## Properties

Glycemic Index:2.7, Glycemic Load:0.34, Inflammation Score:-3, Nutrition Score:10.343043407668%

## Flavonoids

Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Quercetin: 2.23mg, Quercetin: 2.23mg, Quercetin: 2.23mg, Quercetin: 2.23mg

## Nutrients (% of daily need)

Calories: 220.64kcal (11.03%), Fat: 11.59g (17.84%), Saturated Fat: 4.99g (31.21%), Carbohydrates: 12.6g (4.2%), Net Carbohydrates: 9.17g (3.34%), Sugar: 0.72g (0.8%), Cholesterol: 38.9mg (12.97%), Sodium: 914.91mg (39.78%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.42g (32.83%), Phosphorus: 249.44mg (24.94%), Vitamin B1: 0.34mg (22.46%), Selenium: 13.74µg (19.63%), Manganese: 0.35mg (17.56%), Calcium: 161.71mg (16.17%), Fiber: 3.42g (13.69%), Zinc: 2.03mg (13.53%), Folate: 52.66µg (13.16%), Vitamin B3: 2.48mg (12.39%), Copper: 0.25mg (12.38%), Vitamin B6: 0.24mg (12.21%), Potassium: 366.9mg (10.48%), Vitamin B2: 0.17mg (9.85%), Magnesium: 38.73mg (9.68%), Iron: 1.64mg (9.11%), Vitamin B12: 0.49µg (8.13%), Vitamin B5: 0.43mg (4.3%), Vitamin D: 0.36µg (2.41%), Vitamin A: 107.83IU (2.16%), Vitamin C: 1.4mg (1.7%), Vitamin E: 0.24mg (1.63%)