



 4%
HEALTH SCORE

Down-South Style Green Beans

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

READY IN



180 min.

SERVINGS



6

CALORIES



118 kcal

SIDE DISH

Ingredients

- 0.5 teaspoon pepper black
- 0.5 teaspoon garlic powder
- 1 pound green beans fresh rinsed trimmed
- 1 pork hock
- 0.5 teaspoon onion powder
- 0.5 teaspoon salt
- 1 teaspoon lawry's seasoned salt
- 6 cups water

2 tablespoons frangelico

2 tablespoons frangelico

Equipment

pot

Directions

Combine the water, ham hock, and lard in a large pot over medium-high heat. Season with seasoning salt, salt, pepper, garlic powder, and onion powder. Bring to a boil, then reduce heat to medium-low, and add green beans. Simmer covered for about 2 hours.

Nutrition Facts

 **PROTEIN 31.1%**  **FAT 50%**  **CARBS 18.9%**

Properties

Glycemic Index:13.83, Glycemic Load:1.51, Inflammation Score:-5, Nutrition Score:5.7891303870989%

Flavonoids

Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 2.06mg, Quercetin: 2.06mg, Quercetin: 2.06mg, Quercetin: 2.06mg

Nutrients (% of daily need)

Calories: 118.18kcal (5.91%), Fat: 6.69g (10.3%), Saturated Fat: 2.45g (15.31%), Carbohydrates: 5.69g (1.9%), Net Carbohydrates: 3.56g (1.29%), Sugar: 2.48g (2.76%), Cholesterol: 30.88mg (10.29%), Sodium: 668.87mg (29.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.36g (18.73%), Vitamin K: 32.79µg (31.23%), Vitamin C: 9.27mg (11.23%), Vitamin A: 522.54IU (10.45%), Manganese: 0.19mg (9.53%), Fiber: 2.13g (8.52%), Potassium: 270.46mg (7.73%), Iron: 1.28mg (7.11%), Folate: 25.2µg (6.3%), Vitamin B6: 0.11mg (5.62%), Magnesium: 21.95mg (5.49%), Copper: 0.09mg (4.75%), Vitamin B2: 0.08mg (4.67%), Vitamin B1: 0.06mg (4.27%), Calcium: 42.67mg (4.27%), Phosphorus: 30.56mg (3.06%), Vitamin B3: 0.56mg (2.8%), Vitamin E: 0.31mg (2.09%), Vitamin B5: 0.18mg (1.76%), Zinc: 0.22mg (1.49%)