



Greek-Style Lima Beans

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



190 kcal

SIDE DISH

Ingredients

- 2 tablespoons parsley fresh chopped
- 10 ounce baby lima beans frozen
- 1 tablespoon garlic minced
- 3 tablespoons olive oil extra virgin extra-virgin
- 0.5 teaspoon salt
- 1 cup water

Equipment

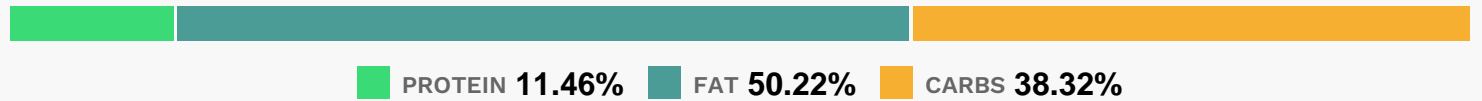
- bowl

sauce pan

Directions

- Cook lima beans, water, 2 tablespoons oil, 1 tablespoon parsley, garlic, and salt in a 2-quart heavy saucepan, tightly covered, over moderate heat, stirring occasionally, until beans are tender, 17 to 20 minutes. Season with salt and pepper and transfer to a bowl.
- Serve sprinkled with remaining tablespoon parsley and drizzled with remaining tablespoon oil.

Nutrition Facts



Properties

Glycemic Index:15.5, Glycemic Load:0.21, Inflammation Score:-4, Nutrition Score:8.1521739130435%

Flavonoids

Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.33mg, Myricetin: 0.33mg, Myricetin: 0.33mg, Myricetin: 0.33mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 190.07kcal (9.5%), Fat: 10.84g (16.67%), Saturated Fat: 1.53g (9.54%), Carbohydrates: 18.61g (6.2%), Net Carbohydrates: 14.25g (5.18%), Sugar: 0.04g (0.04%), Cholesterol: 0mg (0%), Sodium: 332.17mg (14.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.57g (11.13%), Vitamin K: 39.15µg (37.29%), Manganese: 0.53mg (26.75%), Fiber: 4.36g (17.44%), Vitamin C: 9.17mg (11.11%), Vitamin E: 1.53mg (10.19%), Iron: 1.79mg (9.92%), Potassium: 339.61mg (9.7%), Magnesium: 37.54mg (9.38%), Phosphorus: 77.93mg (7.79%), Vitamin B6: 0.14mg (7%), Vitamin A: 302.61IU (6.05%), Vitamin B1: 0.09mg (5.77%), Folate: 22.94µg (5.74%), Copper: 0.11mg (5.47%), Vitamin B3: 0.77mg (3.83%), Vitamin B2: 0.06mg (3.37%), Zinc: 0.5mg (3.32%), Calcium: 33.25mg (3.32%), Selenium: 1.78µg (2.54%), Vitamin B5: 0.15mg (1.52%)