



Green Beans and Red Potatoes



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



225 kcal

SIDE DISH

Ingredients

- ☐ 0.5 bay leaf
- ☐ 3 quarts chicken broth
- ☐ 2.5 pounds green beans fresh whole trimmed
- ☐ 1 large onion sliced
- ☐ 1.5 pounds potatoes red halved
- ☐ 1 teaspoons salt
- ☐ 8 servings salt to taste
- ☐ 0.5 pound ham hocks smoked

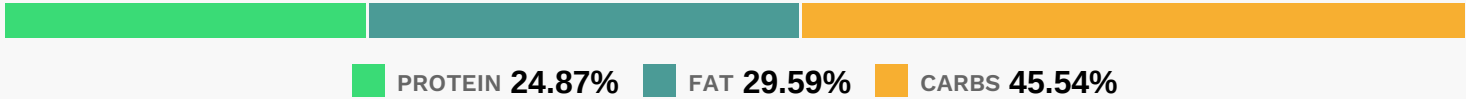
Equipment

☐ dutch oven

Directions

- ☐ Bring ham hocks and chicken broth to a boil in a large Dutch oven; reduce heat to low, and simmer about 20 minutes.
- ☐ Add green beans and next 4 ingredients; bring to a boil. Reduce heat, and simmer about 30 minutes or until beans and potatoes are tender.
- ☐ Sprinkle with freshly ground pepper, if desired.
- ☐ Add salt to taste.

Nutrition Facts



Properties

Glycemic Index:9.13, Glycemic Load:3.17, Inflammation Score:-8, Nutrition Score:15.968695780505%

Flavonoids

Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg Kaempferol: 0.76mg, Kaempferol: 0.76mg, Kaempferol: 0.76mg, Kaempferol: 0.76mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 8.23mg, Quercetin: 8.23mg, Quercetin: 8.23mg, Quercetin: 8.23mg

Nutrients (% of daily need)

Calories: 225.27kcal (11.26%), Fat: 7.72g (11.87%), Saturated Fat: 2.56g (16.03%), Carbohydrates: 26.72g (8.91%), Net Carbohydrates: 21.13g (7.68%), Sugar: 8.04g (8.93%), Cholesterol: 38mg (12.67%), Sodium: 1896.53mg (82.46%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.59g (29.18%), Vitamin K: 63.49µg (60.47%), Vitamin C: 26mg (31.51%), Manganese: 0.62mg (30.76%), Potassium: 881.49mg (25.19%), Vitamin B2: 0.39mg (22.84%), Fiber: 5.59g (22.37%), Vitamin A: 991.87IU (19.84%), Vitamin B6: 0.37mg (18.35%), Vitamin B1: 0.27mg (17.88%), Folate: 65.66µg (16.41%), Iron: 2.83mg (15.75%), Magnesium: 59.59mg (14.9%), Vitamin B3: 2.82mg (14.08%), Copper: 0.27mg (13.64%), Phosphorus: 125.38mg (12.54%), Calcium: 85.48mg (8.55%), Vitamin B5: 0.61mg (6.11%), Zinc: 0.9mg (6.02%), Vitamin E: 0.74mg (4.9%), Selenium: 2.79µg (3.99%), Vitamin B12: 0.07µg (1.18%)