



Green Beans with Ham and Potatoes

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

READY IN



45 min.

SERVINGS



16

CALORIES



142 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 teaspoon pepper black freshly ground
- 0.5 cup butter
- 2 cups chicken broth
- 2.5 cups ham smoked diced
- 3 pound cut green beans frozen thawed
- 0.3 teaspoon ground pepper red
- 1 pound new potatoes halved
- 1 small bell pepper diced red

2 large onions diced sweet

Equipment

dutch oven

Directions

- Melt butter in a large Dutch oven over medium-high heat; add ham, and saut 5 minutes.
- Add onion, and saut 5 minutes.
- Add green beans and next 4 ingredients; bring to a boil. Reduce heat to low, cover, and cook 15 to 20 minutes or until potatoes are tender, stirring in bell pepper during the last 2 to 3 minutes.

Nutrition Facts



Properties

Glycemic Index:14.11, Glycemic Load:5.37, Inflammation Score:-7, Nutrition Score:10.118695719087%

Flavonoids

Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Kaempferol: 1.08mg, Kaempferol: 1.08mg, Kaempferol: 1.08mg, Kaempferol: 1.08mg Myricetin: 0.58mg, Myricetin: 0.58mg, Myricetin: 0.58mg, Myricetin: 0.58mg Quercetin: 8.54mg, Quercetin: 8.54mg, Quercetin: 8.54mg, Quercetin: 8.54mg

Nutrients (% of daily need)

Calories: 142.11kcal (7.11%), Fat: 7g (10.77%), Saturated Fat: 1.57g (9.8%), Carbohydrates: 14.6g (4.87%), Net Carbohydrates: 11.17g (4.06%), Sugar: 5.42g (6.02%), Cholesterol: 13.34mg (4.45%), Sodium: 508.68mg (22.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.18g (14.37%), Vitamin K: 37.69µg (35.9%), Vitamin C: 23.9mg (28.98%), Vitamin A: 1000.64IU (20.01%), Manganese: 0.29mg (14.69%), Fiber: 3.43g (13.72%), Vitamin B6: 0.27mg (13.63%), Phosphorus: 125.84mg (12.58%), Potassium: 439.54mg (12.56%), Folate: 44.37µg (11.09%), Magnesium: 41.06mg (10.27%), Copper: 0.18mg (9.16%), Iron: 1.61mg (8.92%), Vitamin B1: 0.12mg (7.93%), Vitamin B2: 0.13mg (7.66%), Zinc: 0.86mg (5.7%), Vitamin B3: 1.09mg (5.47%), Calcium: 50.03mg (5%), Vitamin E: 0.68mg (4.5%), Vitamin B5: 0.34mg (3.41%), Selenium: 0.93µg (1.33%)