



Green Beans with Ham Hock



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



237 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients



0.3 cup chablis wine dry white



0.3 cup chicken broth ready-to-serve canned



1 pound green beans fresh



2 tablespoons parsley fresh chopped



1 teaspoon garlic minced



1 small ham hock



0.3 teaspoon pepper



0.5 teaspoon salt

- ☐ 1 teaspoon thyme leaves dried whole
- ☐ 1.8 cups tomatoes peeled seeded coarsely chopped
- ☐ 1 cup water

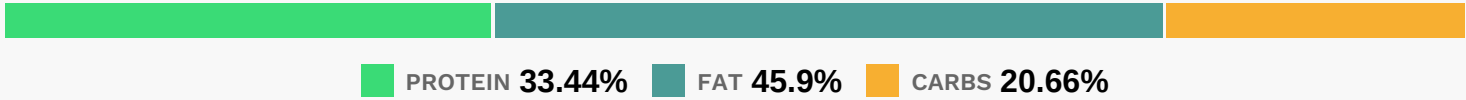
Equipment

- ☐ sauce pan

Directions

- ☐ Wash beans; trim ends, and remove strings.
- ☐ Combine beans, ham hock, and water in a large saucepan. Bring to a boil; cover, reduce heat, and simmer 20 minutes. Stir in tomato and remaining ingredients. Cover and cook over low heat 10 minutes or until beans are tender.

Nutrition Facts



Properties

Glycemic Index:48.25, Glycemic Load:3.08, Inflammation Score:-8, Nutrition Score:14.276956562763%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg Naringenin: 0.52mg, Naringenin: 0.52mg, Naringenin: 0.52mg, Naringenin: 0.52mg Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Kaempferol: 0.6mg, Kaempferol: 0.6mg, Kaempferol: 0.6mg, Kaempferol: 0.6mg Myricetin: 0.54mg, Myricetin: 0.54mg, Myricetin: 0.54mg, Myricetin: 0.54mg Quercetin: 3.5mg, Quercetin: 3.5mg, Quercetin: 3.5mg, Quercetin: 3.5mg

Nutrients (% of daily need)

Calories: 237.13kcal (11.86%), Fat: 11.58g (17.82%), Saturated Fat: 4.08g (25.52%), Carbohydrates: 11.73g (3.91%), Net Carbohydrates: 7.68g (2.79%), Sugar: 5.63g (6.26%), Cholesterol: 54.87mg (18.29%), Sodium: 494.71mg (21.51%), Alcohol: 2.06g (100%), Alcohol %: 0.81% (100%), Protein: 18.99g (37.97%), Vitamin K: 91.69µg (87.32%), Vitamin C: 25.78mg (31.25%), Vitamin A: 1534.43IU (30.69%), Manganese: 0.39mg (19.74%), Potassium: 607.92mg (17.37%), Fiber: 4.05g (16.2%), Iron: 2.77mg (15.38%), Vitamin B6: 0.27mg (13.37%), Folate: 51.51µg (12.88%), Magnesium: 43.32mg (10.83%), Phosphorus: 91.48mg (9.15%), Vitamin B2: 0.15mg (9.08%), Vitamin B3: 1.7mg (8.48%), Vitamin

B1: 0.12mg (8.18%), Calcium: 72.52mg (7.25%), Copper: 0.14mg (7.24%), Vitamin E: 0.91mg (6.05%), Zinc: 0.89mg (5.92%), Selenium: 3.97µg (5.67%), Vitamin B5: 0.34mg (3.36%), Vitamin B12: 0.17µg (2.85%)