

# Ham and Beans

 Gluten Free  Dairy Free

READY IN



615 min.

SERVINGS



7

CALORIES



190 kcal

SIDE DISH

## Ingredients

- 0.5 cup brown sugar
- 0.3 teaspoon ground pepper
- 0.5 pound finely-chopped ham diced cooked
- 1 tablespoon parsley dried
- 1 pound cannellini beans dry
- 1 small onion diced
- 7 servings salt and pepper to taste

## Equipment

pot

## Directions

- Rinse beans in a large pot; discard shriveled beans and any small stones.
- Add 8 cups of cold water.
- Let stand overnight or at least 8 hours.
- Drain and rinse beans.
- Return beans to pot and add ham, onion, brown sugar, salt, pepper, cayenne and parsley and water to cover. Bring to a boil; reduce heat and simmer 1 1/2 to 2 hours, until beans are tender.
- Add more water if necessary during cooking time.

## Nutrition Facts

 **PROTEIN 24.3%**  **FAT 13.06%**  **CARBS 62.64%**

## Properties

Glycemic Index:8.43, Glycemic Load:0.21, Inflammation Score:-4, Nutrition Score:9.6182607917682%

## Flavonoids

Apigenin: 12.87mg, Apigenin: 12.87mg, Apigenin: 12.87mg, Apigenin: 12.87mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 1.45mg, Isorhamnetin: 1.45mg, Isorhamnetin: 1.45mg, Isorhamnetin: 1.45mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 2.03mg, Quercetin: 2.03mg, Quercetin: 2.03mg, Quercetin: 2.03mg

## Nutrients (% of daily need)

Calories: 189.51kcal (9.48%), Fat: 2.8g (4.31%), Saturated Fat: 0.65g (4.08%), Carbohydrates: 30.2g (10.07%), Net Carbohydrates: 25.4g (9.24%), Sugar: 15.69g (17.44%), Cholesterol: 23.65mg (7.88%), Sodium: 575.41mg (25.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.72g (23.43%), Phosphorus: 206.51mg (20.65%), Manganese: 0.4mg (20.19%), Fiber: 4.8g (19.21%), Vitamin B1: 0.28mg (18.63%), Folate: 69.71µg (17.43%), Selenium: 9.36µg (13.37%), Vitamin C: 9.54mg (11.57%), Potassium: 389.05mg (11.12%), Magnesium: 42.87mg (10.72%), Copper: 0.21mg (10.55%), Iron: 1.86mg (10.32%), Vitamin B6: 0.18mg (9.08%), Zinc: 1.33mg (8.88%), Vitamin B3: 1.66mg (8.28%), Vitamin B12: 0.46µg (7.61%), Vitamin B2: 0.13mg (7.38%), Calcium: 64.83mg (6.48%), Vitamin B5: 0.49mg (4.91%), Vitamin K: 3.98µg (3.79%)