



Ham Bone Beans



Dairy Free



Popular

READY IN



180 min.

SERVINGS



6

CALORIES



454 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 tablespoons all purpose flour
- ☐ 2 slices bacon thick cut
- ☐ 1 tablespoon bacon fat
- ☐ 2 bay leaves
- ☐ 0.3 teaspoon pepper black
- ☐ 0.5 teaspoon cajun spice
- ☐ 1 carrots
- ☐ 2 carrots

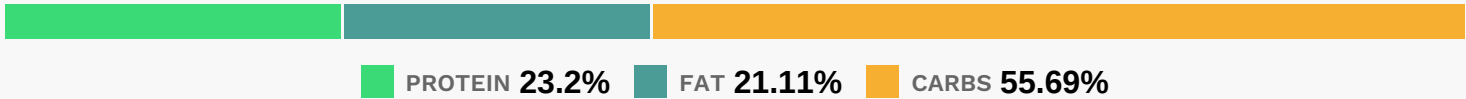
- ☐ 0.3 cup celery chopped
- ☐ 2 celery stalks (ribs)
- ☐ 2 cups ham leftover cooked
- ☐ 4 sprigs parsley fresh
- ☐ 1 cup regular corn frozen
- ☐ 1 tablespoon garlic minced
- ☐ 1 teaspoon kosher salt
- ☐ 1 pound lima beans *soaked overnight dried white
- ☐ 1 onion
- ☐ 1 cup onion
- ☐ 1 cup reserved stock
- ☐ 6 servings water to cover, plus two inches
- ☐ 0.5 teaspoon peppercorns whole
- ☐ 1 large meaty hambone
- ☐ 1 large meaty hambone

Equipment

Directions

- ☐ Recipe: Old School Ham Bone Beans
- ☐ From the Kitchen of Deep South Dish
- ☐ Prep time: 1 hour |Cook time: 2 hours |

Nutrition Facts



Properties

Glycemic Index:83.39, Glycemic Load:12.65, Inflammation Score:-10, Nutrition Score:34.805217097635%

Flavonoids

Apigenin: 1.6mg, Apigenin: 1.6mg, Apigenin: 1.6mg, Apigenin: 1.6mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 2.25mg, Isorhamnetin: 2.25mg, Isorhamnetin: 2.25mg, Isorhamnetin: 2.25mg Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 9.25mg, Quercetin: 9.25mg, Quercetin: 9.25mg, Quercetin: 9.25mg

Nutrients (% of daily need)

Calories: 453.56kcal (22.68%), Fat: 10.89g (16.75%), Saturated Fat: 3.35g (20.92%), Carbohydrates: 64.64g (21.55%), Net Carbohydrates: 47.52g (17.28%), Sugar: 10.23g (11.37%), Cholesterol: 37.63mg (12.54%), Sodium: 1117.18mg (48.57%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.92g (53.85%), Vitamin A: 5352.97IU (107.06%), Folate: 331.79µg (82.95%), Manganese: 1.53mg (76.69%), Fiber: 17.12g (68.49%), Magnesium: 200.82mg (50.21%), Potassium: 1712.57mg (48.93%), Phosphorus: 473.03mg (47.3%), Vitamin B1: 0.71mg (47.02%), Iron: 6.68mg (37.1%), Copper: 0.71mg (35.39%), Vitamin B6: 0.69mg (34.41%), Selenium: 16.67µg (23.82%), Zinc: 3.55mg (23.65%), Vitamin K: 22.2µg (21.14%), Vitamin C: 17.38mg (21.06%), Vitamin B3: 3.97mg (19.83%), Vitamin B2: 0.32mg (19.04%), Vitamin B5: 1.68mg (16.82%), Calcium: 101.43mg (10.14%), Vitamin B12: 0.59µg (9.85%), Vitamin E: 0.9mg (5.97%)