



 **10%**
HEALTH SCORE

Hearty Lima Bean Soup

READY IN



190 min.

SERVINGS



14

CALORIES



186 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 pound lima beans dried
- 1 large pork hock
- 2.5 quarts water
- 5 rib celery stalks cut into chunks
- 5 medium carrots cut into chunks
- 1 garlic clove minced
- 2 tablespoons butter
- 2 tablespoons flour all-purpose
- 2 teaspoons salt

- 0.5 teaspoon pepper
- 1 pinch paprika
- 1 cup water cold
- 14 ounces canned tomatoes canned

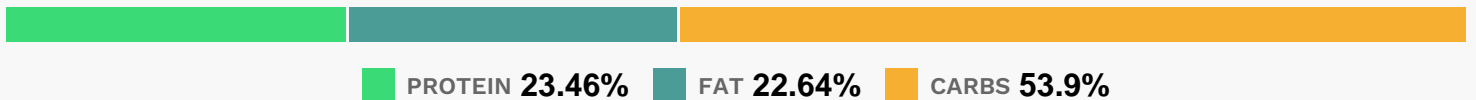
Equipment

- frying pan
- dutch oven

Directions

- Place beans in a Dutch oven; add water to cover by 2 in. Bring to a boil; boil for 2 minutes.
- Remove from the heat; cover and let stand for 1 hour.
- Drain and discard liquid; return beans to pan.
- Add ham bone and 2-1/2 qt. water; bring to a boil. Reduce heat; cover and simmer for 1-1/2 hours.
- Debone ham and cut meat into chunks; return to pan.
- Add celery and carrots. Cover and simmer for 1 hour or until beans are tender.
- In a small skillet, saute garlic in butter for 1 minute. Stir in the flour, salt, pepper and paprika.
- Add cold water; bring to a boil. Reduce heat; cook and stir for 2 minutes or until thickened.
- Add to the soup with tomatoes; simmer for 10 minutes or until heated through.

Nutrition Facts



Properties

Glycemic Index:24.75, Glycemic Load:5.87, Inflammation Score:-10, Nutrition Score:14.73695655734%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.05mg, Quercetin:

0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 186.15kcal (9.31%), Fat: 4.79g (7.36%), Saturated Fat: 2.13g (13.34%), Carbohydrates: 25.64g (8.55%), Net Carbohydrates: 18.27g (6.65%), Sugar: 5.05g (5.61%), Cholesterol: 17.54mg (5.85%), Sodium: 443.37mg (19.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.16g (22.32%), Vitamin A: 3755.98IU (75.12%), Folate: 137.97µg (34.49%), Manganese: 0.65mg (32.3%), Fiber: 7.36g (29.46%), Potassium: 760.5mg (21.73%), Magnesium: 83.23mg (20.81%), Iron: 3.13mg (17.39%), Copper: 0.33mg (16.74%), Phosphorus: 143.62mg (14.36%), Vitamin B1: 0.21mg (13.93%), Vitamin B6: 0.24mg (12.11%), Zinc: 1.08mg (7.19%), Vitamin K: 6.7µg (6.38%), Vitamin B5: 0.59mg (5.88%), Vitamin B2: 0.1mg (5.85%), Vitamin B3: 1.13mg (5.63%), Calcium: 52.79mg (5.28%), Vitamin E: 0.78mg (5.22%), Vitamin C: 3.97mg (4.81%), Selenium: 2.94µg (4.21%)