



Home-Style Butterbeans

 Gluten Free

READY IN



140 min.

SERVINGS



8

CALORIES



217 kcal

SIDE DISH

Ingredients

- 5 slices bacon diced
- 0.5 cup brown sugar packed
- 0.5 cup brown sugar packed
- 0.3 cup butter
- 1 small onion minced
- 1 teaspoon pepper
- 2 teaspoons salt
- 16 oz frangelico frozen

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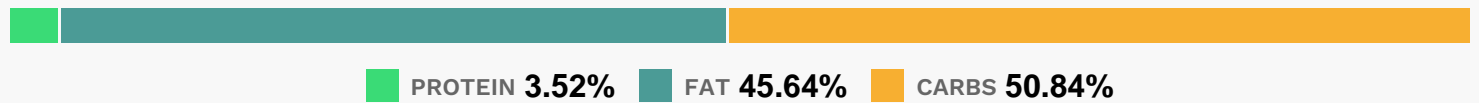
Equipment

dutch oven

Directions

- Cook bacon and onion in a large Dutch oven over medium heat 5 to 7 minutes.
- Add brown sugar, and cook, stirring occasionally, 1 to 2 minutes or until sugar is dissolved. Stir in butterbeans and butter until butter is melted and beans are thoroughly coated. Stir in 12 cups water.
- Bring to a boil over medium-high heat; reduce heat to low, and simmer, stirring occasionally, 2 hours or until beans are very tender and liquid is thickened and just below top of beans. Stir in salt and pepper.
- Home-Style Lima Beans: Substitute 1 (16-oz.) package frozen baby lima beans for butterbeans. Proceed with recipe as directed.

Nutrition Facts



Properties

Glycemic Index:13.63, Glycemic Load:0.21, Inflammation Score:-1, Nutrition Score:1.8399999815485%

Flavonoids

Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 1.78mg, Quercetin: 1.78mg, Quercetin: 1.78mg, Quercetin: 1.78mg

Nutrients (% of daily need)

Calories: 216.83kcal (10.84%), Fat: 11.23g (17.27%), Saturated Fat: 5.48g (34.26%), Carbohydrates: 28.13g (9.38%), Net Carbohydrates: 27.92g (10.15%), Sugar: 27.05g (30.06%), Cholesterol: 24.33mg (8.11%), Sodium: 726.11mg (31.57%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.95g (3.9%), Selenium: 3.22µg (4.6%), Vitamin A: 183.9IU (3.68%), Manganese: 0.06mg (3.19%), Vitamin B3: 0.6mg (3%), Vitamin B6: 0.06mg (2.96%), Calcium: 28.69mg (2.87%), Vitamin B1: 0.04mg (2.84%), Phosphorus: 25.53mg (2.55%), Potassium: 81.72mg (2.33%), Iron: 0.3mg (1.67%), Vitamin E: 0.23mg (1.52%), Magnesium: 5.58mg (1.4%), Vitamin B12: 0.08µg (1.35%), Vitamin B5: 0.13mg (1.35%), Zinc: 0.2mg (1.31%), Copper: 0.03mg (1.29%)