



Home-Style Butterbeans

 Gluten Free

READY IN



140 min.

SERVINGS



8

CALORIES



165 kcal

SIDE DISH

Ingredients

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

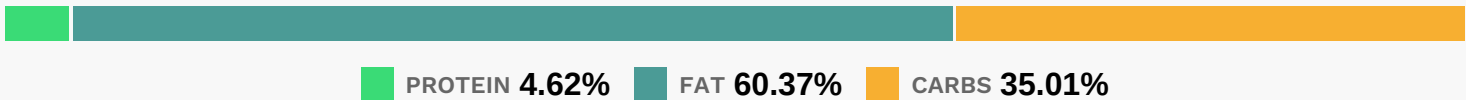
Equipment

☐ 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:1.6591304307399%

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: 164.58kcal (8.23%), Fat: 11.23g (17.27%), Saturated Fat: 5.48g (34.26%), Carbohydrates: 14.65g (4.88%), Net Carbohydrates: 14.43g (5.25%), Sugar: 13.71g (15.24%), Cholesterol: 24.33mg (8.11%), Sodium: 722.26mg (31.4%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.93g (3.87%), Selenium: 3.06µg (4.37%), Vitamin A: 183.9IU (3.68%), Vitamin B3: 0.58mg (2.92%), Vitamin B1: 0.04mg (2.84%), Manganese: 0.05mg (2.75%), Vitamin B6: 0.05mg (2.68%), Phosphorus: 24.99mg (2.5%), Potassium: 63.43mg (1.81%), Calcium: 17.28mg (1.73%), Vitamin E: 0.23mg (1.52%), Vitamin B12: 0.08µg (1.35%), Zinc: 0.19mg (1.28%), Vitamin B5: 0.12mg (1.17%), Iron: 0.2mg (1.13%), Magnesium: 4.35mg (1.09%)