



Leftover Ham and Lima Bean Soup

 Gluten Free

READY IN



80 min.

SERVINGS



10

CALORIES



330 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 teaspoons celery salt
- ☐ 1 tablespoon cornstarch
- ☐ 3 cups ham diced to taste
- ☐ 48 ounce baby lima beans frozen
- ☐ 10 servings ground pepper black to taste
- ☐ 1 onion chopped
- ☐ 1 slice processed cheese food velveeta® (such as)
- ☐ 1 baking potatoes cubed

- ☐ 0.5 cup butter salted
- ☐ 3 cups water

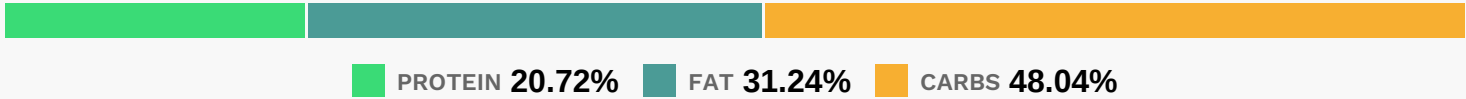
Equipment

- ☐ pot

Directions

- ☐ Bring lima beans, ham, water, onion, potato, butter, processed cheese, cornstarch, celery salt, and pepper to a boil in a large pot. Stir until butter is melted. Reduce heat to medium-low and simmer until beans are tender, about 1 hour.

Nutrition Facts



Properties

Glycemic Index:22.08, Glycemic Load:3.29, Inflammation Score:-6, Nutrition Score:12.215217412166%

Flavonoids

Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Quercetin: 2.23mg, Quercetin: 2.23mg, Quercetin: 2.23mg, Quercetin: 2.23mg

Nutrients (% of daily need)

Calories: 329.96kcal (16.5%), Fat: 11.72g (18.04%), Saturated Fat: 6.36g (39.77%), Carbohydrates: 40.57g (13.52%), Net Carbohydrates: 31.91g (11.6%), Sugar: 1.26g (1.4%), Cholesterol: 44.82mg (14.94%), Sodium: 1094.89mg (47.6%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.5g (35%), Manganese: 1.02mg (50.91%), Fiber: 8.66g (34.64%), Potassium: 726.9mg (20.77%), Iron: 3.47mg (19.26%), Magnesium: 75.73mg (18.93%), Phosphorus: 172.87mg (17.29%), Vitamin C: 13.32mg (16.15%), Vitamin B6: 0.31mg (15.31%), Vitamin B1: 0.18mg (11.91%), Vitamin A: 561.65IU (11.23%), Folate: 43.7µg (10.92%), Copper: 0.21mg (10.74%), Vitamin B3: 1.63mg (8.16%), Calcium: 80.47mg (8.05%), Vitamin B2: 0.12mg (7.12%), Zinc: 1.01mg (6.73%), Selenium: 3.56µg (5.09%), Vitamin B5: 0.35mg (3.54%), Vitamin E: 0.29mg (1.9%), Vitamin K: 1.44µg (1.37%)