



HEALTH SCORE

58%

Lima Beans and Ham



Gluten Free

READY IN



65 min.

SERVINGS



4

CALORIES



427 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients



1 stalk celery diced



2 tablespoons cornstarch



6 ounces ham diced cooked



1 sprig parsley fresh chopped



3 cups lima beans *soaked overnight fresh



0.3 cup milk



0.5 medium onion diced



2 potatoes diced

- ☐ 4 servings salt and pepper to taste
- ☐ 1 large tomatoes diced
- ☐ 3 cups water
- ☐ 15.3 ounce kernel corn whole canned

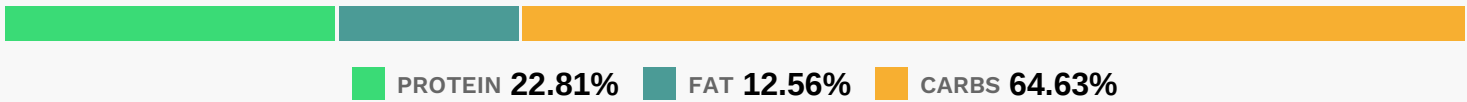
Equipment

- ☐ bowl
- ☐ pot

Directions

- ☐ Place the lima beans in a large pot, and pour in the water. Bring to a boil, reduce heat to medium, and cook 15 minutes.
- ☐ Mix the potatoes, corn, tomato, onion, and celery into the pot, and continue cooking 15 minutes.
- ☐ In a small bowl, dissolve the cornstarch in the milk. Stir into the pot, and mix in the ham. Continue cooking until heated through. Season to taste with salt and pepper and sprinkle with parsley before serving.

Nutrition Facts



Properties

Glycemic Index:70.56, Glycemic Load:20.85, Inflammation Score:-8, Nutrition Score:25.753478293834%

Flavonoids

Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg Apigenin: 0.82mg, Apigenin: 0.82mg, Apigenin: 0.82mg, Apigenin: 0.82mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 1.01mg, Kaempferol: 1.01mg, Kaempferol: 1.01mg, Kaempferol: 1.01mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 3.84mg, Quercetin: 3.84mg, Quercetin: 3.84mg, Quercetin: 3.84mg

Nutrients (% of daily need)

Calories: 427.07kcal (21.35%), Fat: 6.03g (9.28%), Saturated Fat: 1.42g (8.88%), Carbohydrates: 69.85g (23.28%), Net Carbohydrates: 56.65g (20.6%), Sugar: 7.57g (8.41%), Cholesterol: 32.87mg (10.96%), Sodium: 896.32mg

(38.97%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.66g (49.31%), Fiber: 13.2g (52.79%), Manganese: 1.05mg (52.73%), Vitamin C: 40.62mg (49.24%), Potassium: 1587.84mg (45.37%), Folate: 180.11µg (45.03%), Phosphorus: 419.07mg (41.91%), Vitamin B1: 0.59mg (39.19%), Vitamin B6: 0.72mg (35.99%), Copper: 0.6mg (29.76%), Magnesium: 117.28mg (29.32%), Iron: 5.01mg (27.82%), Selenium: 15.6µg (22.28%), Vitamin B3: 4.41mg (22.04%), Zinc: 3.1mg (20.66%), Vitamin B2: 0.27mg (15.79%), Vitamin K: 15.57µg (14.83%), Vitamin B5: 1.42mg (14.21%), Vitamin B12: 0.68µg (11.37%), Vitamin A: 472.08IU (9.44%), Calcium: 77.8mg (7.78%), Vitamin E: 0.55mg (3.66%), Vitamin D: 0.17µg (1.12%)