



HEALTH SCORE

100%

## Lima Beans with Wild Mushrooms and Chard



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



8

CALORIES



241 kcal

SIDE DISH

## Ingredients

- 1 pound lima beans \*soaked overnight dried
- 0.3 teaspoon thyme leaves dried
- 4 garlic cloves chopped
- 4.5 ounce mushrooms wild dried assorted
- 2 tablespoons olive oil extra-virgin
- 1 large onion chopped
- 0.3 teaspoon pepper dried red crushed
- 6 cups swiss chard packed stemmed sliced (lightly )

## Equipment

- sauce pan
- pot
- slotted spoon

## Directions

- Place lima beans in large bowl with enough water to cover by 5 inches. Soak overnight.
- Bring 2 cups water and dried mushrooms to boil in small saucepan. Using slotted spoon, transfer mushrooms to medium bowl; reserve liquid in saucepan.
- Heat oil in heavy large pot over medium heat.
- Add onion and garlic; sauté until onion is tender, 10 minutes.
- Drain beans; add to pot.
- Pour in mushroom liquid, leaving sediment behind.
- Add 6 cups water. Bring to simmer; skim foam from top. Stir in red pepper and thyme. Simmer partially covered until beans are tender, 45 minutes. Season with salt. Chop mushrooms; add to pot. Simmer uncovered over medium heat until beans and mushrooms are very tender, stirring occasionally and adding water to thin as needed, about 15 minutes longer. DO AHEAD: Can be made 3 days ahead. Cool, then cover and chill. Rewarm beans before continuing.
- Add chard to beans. Cover pot; cook until chard is tender, stirring often, about 8 minutes. Season with salt and pepper.

## Nutrition Facts

 **PROTEIN 21.6%**  **FAT 14.58%**  **CARBS 63.82%**

## Properties

Glycemic Index: 18.58, Glycemic Load: 7.79, Inflammation Score: -9, Nutrition Score: 24.653913199902%

## Flavonoids

Catechin: 0.41mg, Catechin: 0.41mg, Catechin: 0.41mg, Catechin: 0.41mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Kaempferol: 1.69mg, Kaempferol: 1.69mg, Kaempferol: 1.69mg, Kaempferol: 1.69mg

Myricetin: 0.87mg, Myricetin: 0.87mg, Myricetin: 0.87mg, Myricetin: 0.87mg Quercetin: 4.43mg, Quercetin: 4.43mg, Quercetin: 4.43mg, Quercetin: 4.43mg

## Nutrients (% of daily need)

Calories: 241.22kcal (12.06%), Fat: 4.04g (6.21%), Saturated Fat: 0.6g (3.76%), Carbohydrates: 39.76g (13.25%), Net Carbohydrates: 28.02g (10.19%), Sugar: 6.25g (6.94%), Cholesterol: 0mg (0%), Sodium: 70.63mg (3.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.46g (26.92%), Vitamin K: 230.31µg (219.34%), Folate: 234.16µg (58.54%), Manganese: 1.11mg (55.36%), Fiber: 11.75g (46.99%), Magnesium: 152.72mg (38.18%), Vitamin A: 1671.55IU (33.43%), Potassium: 1165.43mg (33.3%), Iron: 4.96mg (27.54%), Copper: 0.53mg (26.57%), Phosphorus: 252.41mg (25.24%), Vitamin B1: 0.32mg (21.54%), Vitamin B6: 0.38mg (18.81%), Vitamin C: 10.31mg (12.49%), Vitamin B2: 0.21mg (12.37%), Zinc: 1.84mg (12.26%), Vitamin B5: 1.09mg (10.86%), Vitamin E: 1.46mg (9.7%), Selenium: 6.13µg (8.76%), Vitamin B3: 1.6mg (7.98%), Calcium: 68.03mg (6.8%)