



Lorraine's Green Beans



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



264 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.1 teaspoon baking soda
- ☐ 14.5 ounce chicken broth canned
- ☐ 3 pounds green beans fresh trimmed
- ☐ 1 small onion minced
- ☐ 0.5 teaspoon pepper
- ☐ 2 teaspoons salt
- ☐ 1.5 pounds turkey wings smoked
- ☐ 5 cups water

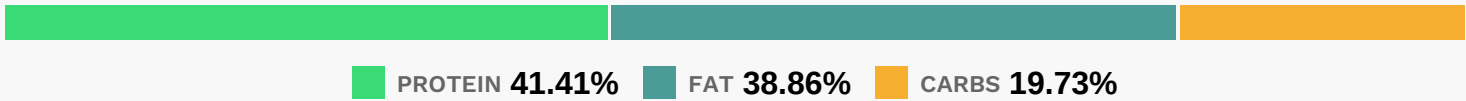
Equipment

☐ dutch oven

Directions

- ☐ Bring first 7 ingredients to a boil in a Dutch oven; cover and boil 30 minutes.
- ☐ Add beans; return to boil. Cover, reduce heat, and simmer 30 to 45 minutes.

Nutrition Facts



Properties

Glycemic Index:13.13, Glycemic Load:3.54, Inflammation Score:-8, Nutrition Score:18.74000017928%

Flavonoids

Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg Kaempferol: 0.82mg, Kaempferol: 0.82mg, Kaempferol: 0.82mg, Kaempferol: 0.82mg Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg Quercetin: 6.42mg, Quercetin: 6.42mg, Quercetin: 6.42mg, Quercetin: 6.42mg

Nutrients (% of daily need)

Calories: 263.86kcal (13.19%), Fat: 11.57g (17.8%), Saturated Fat: 3.12g (19.47%), Carbohydrates: 13.22g (4.41%), Net Carbohydrates: 8.44g (3.07%), Sugar: 5.92g (6.57%), Cholesterol: 65.58mg (21.86%), Sodium: 895.45mg (38.93%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.74g (55.49%), Vitamin K: 74.56µg (71.01%), Selenium: 23.29µg (33.27%), Vitamin B6: 0.58mg (29.1%), Vitamin C: 21.4mg (25.94%), Vitamin A: 1271.75IU (25.43%), Vitamin B3: 5.01mg (25.07%), Phosphorus: 240.01mg (24%), Manganese: 0.41mg (20.29%), Fiber: 4.77g (19.09%), Iron: 3.17mg (17.63%), Zinc: 2.6mg (17.35%), Vitamin B2: 0.29mg (17.27%), Potassium: 588.84mg (16.82%), Magnesium: 66.84mg (16.71%), Folate: 62.83µg (15.71%), Vitamin B12: 0.74µg (12.27%), Vitamin B1: 0.17mg (11.48%), Copper: 0.22mg (10.81%), Calcium: 85.47mg (8.55%), Vitamin B5: 0.71mg (7.11%), Vitamin E: 0.86mg (5.77%)