



WHATSheATE



Mom's Pennsylvania Dutch Beans



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



10

CALORIES



156 kcal

SIDE DISH

Ingredients

- ☐ 3 tablespoons butter cut into pieces
- ☐ 1 pound baby lima beans dried
- ☐ 2 teaspoons ground mustard dry
- ☐ 0.5 cup fat-skimmed beef broth fat-free
- ☐ 1 teaspoon garlic minced
- ☐ 0.3 cup brown sugar light packed
- ☐ 1 tablespoon blackstrap molasses
- ☐ 1.5 teaspoons salt divided

- ☐ 1 cup cream light sour (such as Daisy)
- ☐ 4 cups water
- ☐ 1 cup onion yellow chopped

Equipment

- ☐ frying pan
- ☐ paper towels
- ☐ oven
- ☐ baking pan
- ☐ dutch oven

Directions

- ☐ Sort and wash beans; place in a large Dutch oven. Cover with water to 2 inches above beans; bring to a boil. Cook 2 minutes; remove from heat. Cover and let stand 1 hour.
- ☐ Drain beans; return to pan.
- ☐ Add 4 cups water and 1 teaspoon salt; bring to a boil. Reduce heat, and simmer 1 hour.
- ☐ Drain and set aside.
- ☐ Preheat oven to 35
- ☐ Wipe pan dry with paper towel.
- ☐ Heat pan over medium-high heat. Coat pan with cooking spray.
- ☐ Add onion to pan; saut 5 minutes or until tender.
- ☐ Add garlic to pan; saut 30 seconds.
- ☐ Combine beans, remaining 1/2 teaspoon salt, onion mixture, broth, and next 4 ingredients (through mustard) in a 13 x 9-inch baking dish coated with cooking spray.
- ☐ Bake at 350 for 1 hour.
- ☐ Remove from oven; stir in sour cream.
- ☐ Serve immediately.

Nutrition Facts



 **PROTEIN 10.8%**  **FAT 36.15%**  **CARBS 53.05%**

Properties

Glycemic Index:15.1, Glycemic Load:1.02, Inflammation Score:-4, Nutrition Score:7.057826127695%

Flavonoids

Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.25mg, Quercetin: 3.25mg, Quercetin: 3.25mg, Quercetin: 3.25mg

Nutrients (% of daily need)

Calories: 155.65kcal (7.78%), Fat: 6.42g (9.87%), Saturated Fat: 3.78g (23.64%), Carbohydrates: 21.19g (7.06%), Net Carbohydrates: 18.64g (6.78%), Sugar: 10.06g (11.17%), Cholesterol: 17.08mg (5.69%), Sodium: 453.24mg (19.71%), Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 4.31g (8.63%), Manganese: 0.62mg (31.2%), Vitamin C: 12.13mg (14.7%), Fiber: 2.55g (10.2%), Magnesium: 38.42mg (9.6%), Potassium: 331.54mg (9.47%), Copper: 0.19mg (9.42%), Iron: 1.68mg (9.34%), Phosphorus: 89.6mg (8.96%), Vitamin B1: 0.12mg (8.04%), Vitamin B6: 0.14mg (6.99%), Calcium: 67.84mg (6.78%), Vitamin A: 275.67IU (5.51%), Folate: 21.96µg (5.49%), Vitamin B2: 0.08mg (4.93%), Selenium: 3.22µg (4.6%), Vitamin B3: 0.82mg (4.08%), Zinc: 0.55mg (3.65%), Vitamin K: 3.04µg (2.9%), Vitamin E: 0.34mg (2.24%), Vitamin B12: 0.13µg (2.11%), Vitamin B5: 0.18mg (1.81%)