



## Nancy's Butter Beans

 **Gluten Free**

READY IN



**25 min.**

SERVINGS



**2**

CALORIES



**333 kcal**

**SIDE DISH**

### Ingredients

- 2 slices bacon
- 1 tablespoon brown sugar
- 1 tablespoon butter
- 15 ounce shell beans rinsed drained canned
- 2 servings salt and ground pepper black to taste

### Equipment

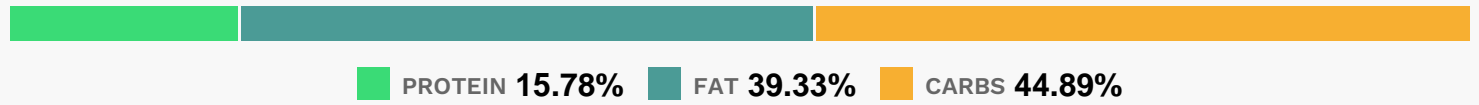
- frying pan
- paper towels

sauce pan

## Directions

- Arrange bacon in a large skillet and cook over medium-high heat, turning occasionally, until evenly browned, about 10 minutes.
- Drain on paper towels and crumble.
- Heat butter beans, bacon, butter, and brown sugar in a saucepan over medium heat until bubbling, about 5 minutes. Season with salt and pepper.

## Nutrition Facts



## Properties

Glycemic Index:59, Glycemic Load:7.75, Inflammation Score:-6, Nutrition Score:12.786086971345%

## Nutrients (% of daily need)

Calories: 332.95kcal (16.65%), Fat: 14.77g (22.73%), Saturated Fat: 6.61g (41.3%), Carbohydrates: 37.94g (12.65%), Net Carbohydrates: 27.71g (10.08%), Sugar: 5.82g (6.47%), Cholesterol: 29.57mg (9.86%), Sodium: 906.76mg (39.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.34g (26.67%), Fiber: 10.23g (40.92%), Manganese: 0.79mg (39.54%), Folate: 106.6µg (26.65%), Iron: 3.99mg (22.18%), Magnesium: 86.41mg (21.6%), Selenium: 14.14µg (20.2%), Copper: 0.4mg (19.81%), Phosphorus: 191.1mg (19.11%), Potassium: 522.32mg (14.92%), Vitamin B6: 0.25mg (12.75%), Vitamin B1: 0.18mg (11.87%), Zinc: 1.65mg (11.01%), Vitamin B3: 1.45mg (7.25%), Vitamin B5: 0.69mg (6.9%), Vitamin B2: 0.09mg (5.45%), Calcium: 52.85mg (5.29%), Vitamin A: 183.62IU (3.67%), Vitamin B12: 0.12µg (2.03%), Vitamin E: 0.26mg (1.72%)