



100%
HEALTH SCORE

Pammy's Slow Cooker Beans



Gluten Free



Dairy Free



Very Healthy

READY IN



855 min.

SERVINGS



10

CALORIES



482 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 bay leaves
- 2 pounds pinto beans dried
- 2 teaspoons garlic powder
- 1 teaspoon pepper black
- 0.3 cup olive oil
- 1 small onion chopped
- 0.5 teaspoon onion powder
- 1 turkey legs smoked

8 cups water

Equipment

bowl

slow cooker

Directions

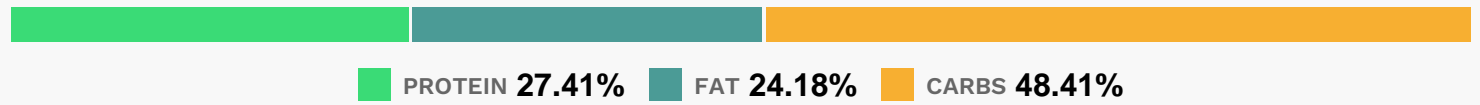
Wash and pick over the beans, then place them in a large bowl. Fill the bowl with cold water, and soak the beans for 6 to 8 hours.

Drain and rinse the beans, then place into a slow cooker.

Pour in 8 cups of water. Stir in onion, garlic powder, onion powder, black pepper, and bay leaves.

Place the turkey leg into the cooker, cover, and cook on Low setting for 6 hours. Stir in olive oil, and add more water if the beans are beginning to dry out; cook until the beans are very tender, an additional 2 hours.

Nutrition Facts



Properties

Glycemic Index:10.3, Glycemic Load:16.83, Inflammation Score:-8, Nutrition Score:30.060434998378%

Flavonoids

Catechin: 4.6mg, Catechin: 4.6mg, Catechin: 4.6mg, Catechin: 4.6mg Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg Epicatechin: 0.13mg, Epicatechin: 0.13mg, Epicatechin: 0.13mg, Epicatechin: 0.13mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.35mg, Isorhamnetin: 0.35mg, Isorhamnetin: 0.35mg, Isorhamnetin: 0.35mg Kaempferol: 2.18mg, Kaempferol: 2.18mg, Kaempferol: 2.18mg, Kaempferol: 2.18mg Quercetin: 1.63mg, Quercetin: 1.63mg, Quercetin: 1.63mg, Quercetin: 1.63mg

Nutrients (% of daily need)

Calories: 481.66kcal (24.08%), Fat: 12.89g (19.83%), Saturated Fat: 2.61g (16.31%), Carbohydrates: 58.06g (19.35%), Net Carbohydrates: 43.75g (15.91%), Sugar: 2.23g (2.48%), Cholesterol: 48.09mg (16.03%), Sodium: 71.37mg (3.1%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 32.88g (65.75%), Folate: 484.79µg (121.2%), Selenium: 43.39µg (61.99%), Fiber: 14.31g (57.22%), Manganese: 1.1mg (54.98%), Phosphorus: 497.91mg (49.79%), Copper: 0.95mg

(47.29%), Vitamin B1: 0.71mg (47.03%), Magnesium: 177.42mg (44.36%), Potassium: 1469.8mg (41.99%), Vitamin B6: 0.68mg (34.01%), Iron: 5.89mg (32.7%), Zinc: 4.22mg (28.11%), Vitamin B2: 0.34mg (19.91%), Vitamin B3: 3.08mg (15.38%), Vitamin B5: 1.47mg (14.67%), Calcium: 123.3mg (12.33%), Vitamin K: 9.78µg (9.31%), Vitamin E: 1.24mg (8.23%), Vitamin C: 6.27mg (7.6%), Vitamin B12: 0.26µg (4.4%)