

## Saucy Lima Beans

 Vegetarian  Gluten Free

READY IN



15 min.

SERVINGS



2

CALORIES



326 kcal

SIDE DISH

### Ingredients

- 1 tablespoon butter
- 0.5 teaspoon optional: dill
- 1.5 teaspoons parsley fresh minced
- 0.7 cup half and half
- 1.5 cups lima beans \*soaked overnight frozen
- 0.3 cup onion chopped
- 0.1 teaspoon pepper
- 0.3 teaspoon salt

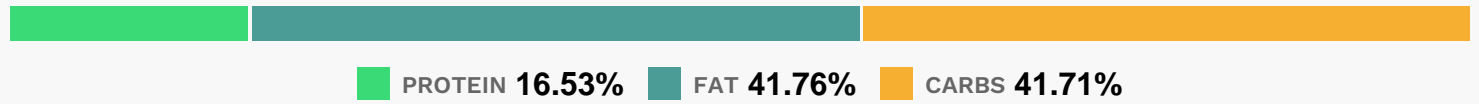
## Equipment

- frying pan
- sauce pan

## Directions

- In a small saucepan, cook lima beans according to package directions; drain, reserving 1 tablespoon cooking liquid. In a small skillet, saute onion in butter. Stir in the cream, parsley, dill, salt, pepper and reserved cooking liquid. Cook 1–2 minutes longer or until butter is melted.

## Nutrition Facts



## Properties

Glycemic Index:93.75, Glycemic Load:6.6, Inflammation Score:-7, Nutrition Score:14.466086926668%

## Flavonoids

Apigenin: 0.16mg, Apigenin: 0.16mg, Apigenin: 0.16mg, Apigenin: 0.16mg Isorhamnetin: 1.01mg, Isorhamnetin: 1.01mg, Isorhamnetin: 1.01mg, Isorhamnetin: 1.01mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 4.07mg, Quercetin: 4.07mg, Quercetin: 4.07mg, Quercetin: 4.07mg

## Nutrients (% of daily need)

Calories: 326.36kcal (16.32%), Fat: 15.51g (23.87%), Saturated Fat: 9.4g (58.78%), Carbohydrates: 34.87g (11.62%), Net Carbohydrates: 24.62g (8.95%), Sugar: 8.27g (9.19%), Cholesterol: 43.28mg (14.43%), Sodium: 388.6mg (16.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.82g (27.64%), Fiber: 10.24g (40.98%), Manganese: 0.77mg (38.56%), Folate: 123.63µg (30.91%), Potassium: 855.96mg (24.46%), Phosphorus: 240.88mg (24.09%), Iron: 3.47mg (19.3%), Magnesium: 71.11mg (17.78%), Copper: 0.35mg (17.42%), Vitamin B1: 0.26mg (17.4%), Vitamin B6: 0.29mg (14.6%), Vitamin B2: 0.24mg (14.25%), Selenium: 9.1µg (13%), Calcium: 117.45mg (11.75%), Zinc: 1.7mg (11.32%), Vitamin A: 469.82IU (9.4%), Vitamin B5: 0.86mg (8.63%), Vitamin K: 5.87µg (5.59%), Vitamin E: 0.62mg (4.16%), Vitamin B3: 0.71mg (3.55%), Vitamin C: 2.33mg (2.82%), Vitamin B12: 0.17µg (2.75%)