



Slow-Cooked Ham and Beans



Gluten Free



Dairy Free



Very Healthy

READY IN



495 min.

SERVINGS



4

CALORIES



1560 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 bay leaf
- ☐ 28 ounce canned tomatoes whole canned
- ☐ 1 pound lima beans *soaked overnight dried
- ☐ 4 cloves garlic minced
- ☐ 4 pound picnic ham bone-in
- ☐ 1 tablespoon paprika hot
- ☐ 2 teaspoons pepper flakes red
- ☐ 1 bunch scallions chopped

- ☐ 4 sprigs thyme leaves
- ☐ 2 tablespoons tomato paste
- ☐ 2 tablespoons worcestershire sauce

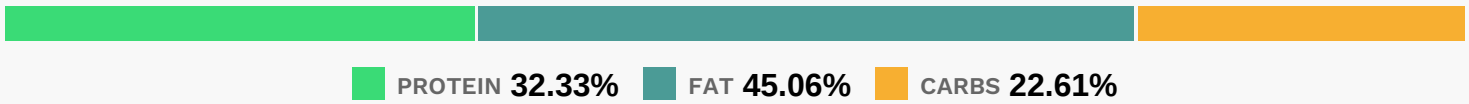
Equipment

- ☐ bowl
- ☐ slow cooker
- ☐ cutting board

Directions

- ☐ Combine the tomato paste, Worcestershire sauce, red pepper flakes and paprika in a 5-to-6-quart slow cooker.
- ☐ Add the ham, beans, bay leaf and thyme.
- ☐ Pour in 4 cups water; cover and cook on low, undisturbed, 8 hours.
- ☐ Pour the tomatoes into a bowl and crush them with your hands.
- ☐ Add the tomatoes and their juices, the scallions and garlic to the slow cooker. Cover and cook 30 more minutes.
- ☐ Remove the ham from the slow cooker and transfer to a cutting board to cool slightly before slicing. Set aside about one-third of the ham and 3 cups of the stewed bean mixture to make Ham Jambalaya.
- ☐ Serve the remaining ham with the bean mixture.
- ☐ Turn leftovers into Ham Jambalaya
- ☐ Photograph by Antonis Achilleos

Nutrition Facts



Properties

Glycemic Index:48.67, Glycemic Load:14.92, Inflammation Score:-10, Nutrition Score:66.803043406943%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.69mg, Quercetin: 0.69mg, Quercetin: 0.69mg

Nutrients (% of daily need)

Calories: 1559.5kcal (77.97%), Fat: 77.3g (118.92%), Saturated Fat: 27.39g (171.17%), Carbohydrates: 87.3g (29.1%), Net Carbohydrates: 62.58g (22.76%), Sugar: 16.47g (18.3%), Cholesterol: 281.23mg (93.74%), Sodium: 5903.02mg (256.65%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 124.79g (249.58%), Vitamin B1: 3.33mg (221.99%), Selenium: 112.37µg (160.53%), Phosphorus: 1435.4mg (143.54%), Vitamin B6: 2.42mg (121.24%), Folate: 468.73µg (117.18%), Vitamin B3: 22.65mg (113.23%), Manganese: 2.11mg (105.37%), Potassium: 3495.59mg (99.87%), Fiber: 24.73g (98.9%), Zinc: 14mg (93.3%), Magnesium: 352.84mg (88.21%), Iron: 15.09mg (83.84%), Vitamin B2: 1.3mg (76.39%), Copper: 1.3mg (65.2%), Vitamin B12: 2.9µg (48.38%), Vitamin A: 2190.09IU (43.8%), Vitamin B5: 3.7mg (37%), Vitamin E: 3.73mg (24.84%), Vitamin K: 22.73µg (21.65%), Calcium: 216.43mg (21.64%), Vitamin D: 3.18µg (21.17%), Vitamin C: 10.13mg (12.28%)