



Slow Cooker Green Beans, Ham and Potatoes



Gluten Free



Dairy Free

READY IN



270 min.

SERVINGS



10

CALORIES



257 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon chicken soup base
- ☐ 2 pounds green beans fresh rinsed trimmed
- ☐ 1 teaspoon garlic powder
- ☐ 10 servings ground pepper black to taste
- ☐ 3 ham hocks
- ☐ 1.5 pounds new potatoes quartered
- ☐ 1 large onion chopped
- ☐ 1 teaspoon onion powder

☐ 1 teaspoon seasoning salt

Equipment

☐ slotted spoon

☐ slow cooker

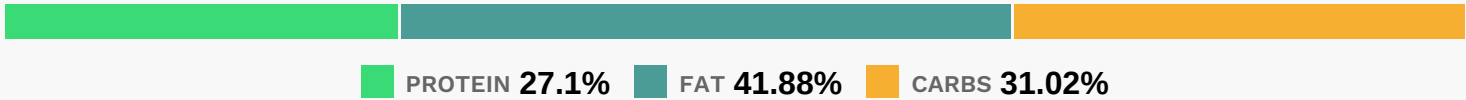
Directions

☐ Halve beans if they are large, place in a slow cooker with water to barely cover, and add onion and ham hocks. Cover, and cook on High until simmering. Reduce heat to Low, and cook for 2 to 3 hours, or until beans are crisp but not done.

☐ Add potatoes, and cook for another 45 minutes. While potatoes are cooking, remove ham hocks from slow cooker, and remove meat from bones. Chop or shred meat, and return to slow cooker. Season with garlic powder, onion powder, seasoning salt, bouillon, and pepper. Cook until potatoes are done, then adjust seasoning to taste.

☐ To serve, use a slotted spoon to put beans, potatoes, and ham into a serving dish with a little broth.

Nutrition Facts



Properties

Glycemic Index:19.38, Glycemic Load:10.81, Inflammation Score:-6, Nutrition Score:10.629999980897%

Flavonoids

Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg Kaempferol: 1.05mg, Kaempferol: 1.05mg, Kaempferol: 1.05mg, Kaempferol: 1.05mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 6mg, Quercetin: 6mg, Quercetin: 6mg, Quercetin: 6mg

Nutrients (% of daily need)

Calories: 257.05kcal (12.85%), Fat: 12.08g (18.59%), Saturated Fat: 4.42g (27.65%), Carbohydrates: 20.14g (6.71%), Net Carbohydrates: 15.86g (5.77%), Sugar: 4.23g (4.7%), Cholesterol: 55.65mg (18.55%), Sodium: 489.89mg (21.3%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.59g (35.19%), Vitamin K: 40.53µg (38.6%), Vitamin C: 25.64mg (31.08%), Potassium: 695.4mg (19.87%), Vitamin B6: 0.35mg (17.69%), Fiber: 4.28g (17.14%), Manganese: 0.34mg (16.95%), Iron: 2.36mg (13.14%), Vitamin A: 628.18IU (12.56%), Folate: 44.12µg (11.03%), Magnesium: 40.74mg

(10.19%), Vitamin B1: 0.14mg (9.24%), Phosphorus: 80.48mg (8.05%), Copper: 0.15mg (7.31%), Vitamin B2: 0.12mg (7.24%), Vitamin B3: 1.42mg (7.08%), Calcium: 57.91mg (5.79%), Vitamin B5: 0.43mg (4.32%), Zinc: 0.46mg (3.07%), Vitamin E: 0.39mg (2.58%), Selenium: 1.07µg (1.53%)