



Slow Cooker Ham and Bean Stew

 Gluten Free

READY IN



320 min.

SERVINGS



8

CALORIES



304 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 15 ounce black beans undrained canned
- 15 ounce black-eyed peas undrained canned
- 15 ounce garbanzo beans drained canned
- 16 ounce chili beans in sauce canned
- 1 pound ham cubed cooked
- 1 clove garlic minced to taste
- 1 large onion chopped
- 1 tablespoon cup heavy whipping cream sour

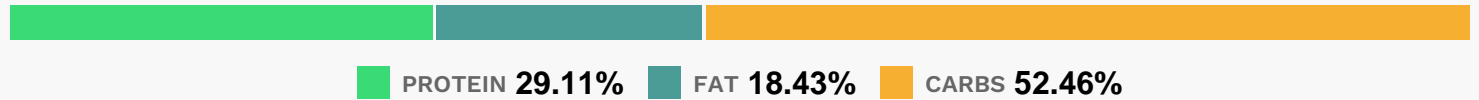
Equipment

slow cooker

Directions

Stir the black-eyed peas, black beans, garbanzo beans, chili beans, onion, ham, and garlic together in a slow cooker. Cook on Low for 5 hours. Top with sour cream to serve.

Nutrition Facts



Properties

Glycemic Index:17.29, Glycemic Load:5.48, Inflammation Score:-7, Nutrition Score:20.892608580382%

Flavonoids

Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.81mg, Quercetin: 3.81mg, Quercetin: 3.81mg, Quercetin: 3.81mg

Nutrients (% of daily need)

Calories: 304.48kcal (15.22%), Fat: 6.27g (9.65%), Saturated Fat: 1.37g (8.57%), Carbohydrates: 40.18g (13.39%), Net Carbohydrates: 29.03g (10.56%), Sugar: 10.15g (11.27%), Cholesterol: 42.28mg (14.09%), Sodium: 1769.93mg (76.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.3g (44.59%), Fiber: 11.15g (44.6%), Manganese: 0.87mg (43.42%), Folate: 166.74µg (41.69%), Phosphorus: 385.05mg (38.51%), Vitamin B1: 0.56mg (37.33%), Vitamin C: 25.5mg (30.91%), Vitamin B6: 0.6mg (29.87%), Copper: 0.47mg (23.64%), Potassium: 787.9mg (22.51%), Iron: 3.98mg (22.11%), Selenium: 15.14µg (21.62%), Magnesium: 81.96mg (20.49%), Zinc: 2.74mg (18.24%), Vitamin B3: 3.61mg (18.05%), Vitamin B2: 0.28mg (16.68%), Vitamin B12: 0.8µg (13.38%), Vitamin B5: 1mg (10.01%), Vitamin E: 1.25mg (8.31%), Vitamin A: 413.38IU (8.27%), Calcium: 71.21mg (7.12%), Vitamin K: 3.96µg (3.77%)