



Slow Cooker Ham and Beans



Gluten Free



Dairy Free



Popular

READY IN



1210 min.

SERVINGS



8

CALORIES



291 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon pepper black
- ☐ 0.5 cup brown sugar
- ☐ 0.3 teaspoon cayenne pepper
- ☐ 0.5 pound ham cooked chopped
- ☐ 1 pound cannellini beans dried
- ☐ 1 tablespoon parsley dried
- ☐ 0.5 teaspoon garlic salt
- ☐ 1 tablespoon onion powder

☐ 8 servings water to cover

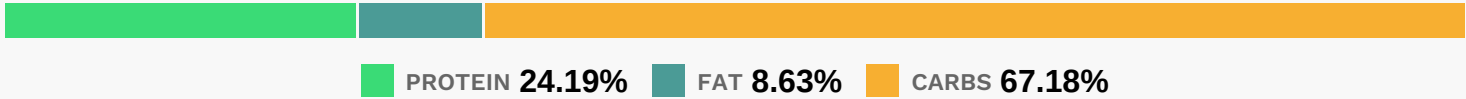
Equipment

☐ slow cooker

Directions

- ☐ Combine the beans, ham, brown sugar, onion powder, parsley, garlic salt, black pepper, and cayenne pepper in a slow cooker.
- ☐ Pour enough water into the slow cooker to cover the mixture by about 2 inches. Set slow cooker to Low; simmer 12 hours, stirring occasionally.

Nutrition Facts



Properties

Glycemic Index:8, Glycemic Load:0.02, Inflammation Score:-7, Nutrition Score:19.737826046736%

Flavonoids

Apigenin: 11.26mg, Apigenin: 11.26mg, Apigenin: 11.26mg, Apigenin: 11.26mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.83mg, Isorhamnetin: 0.83mg, Isorhamnetin: 0.83mg, Isorhamnetin: 0.83mg

Nutrients (% of daily need)

Calories: 290.93kcal (14.55%), Fat: 2.84g (4.38%), Saturated Fat: 0.69g (4.33%), Carbohydrates: 49.79g (16.6%), Net Carbohydrates: 38.08g (13.85%), Sugar: 14.7g (16.34%), Cholesterol: 20.7mg (6.9%), Sodium: 498.21mg (21.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.93g (35.86%), Folate: 275.37µg (68.84%), Fiber: 11.7g (46.81%), Manganese: 0.88mg (44.12%), Vitamin B1: 0.53mg (35.02%), Phosphorus: 341.06mg (34.11%), Magnesium: 119.02mg (29.75%), Copper: 0.56mg (28.02%), Potassium: 902.64mg (25.79%), Iron: 3.55mg (19.71%), Selenium: 13.26µg (18.95%), Vitamin B6: 0.34mg (17.1%), Zinc: 2.02mg (13.48%), Calcium: 126.38mg (12.64%), Vitamin C: 10.18mg (12.33%), Vitamin B2: 0.21mg (12.31%), Vitamin B3: 2.17mg (10.83%), Vitamin B5: 0.9mg (8.99%), Vitamin K: 7.09µg (6.75%), Vitamin B12: 0.4µg (6.66%), Vitamin E: 0.17mg (1.13%)