

 86%
HEALTH SCORE

Slow-Cooker Smoky Ham and Navy Bean Stew



Gluten Free



Dairy Free



Very Healthy

READY IN



610 min.

SERVINGS



4

CALORIES



366 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 lb finely-chopped ham cooked cut into 1/2-inch cubes (3 cups)
- ☐ 1 cup navy beans dried rinsed
- ☐ 1 cup celery stalks sliced
- ☐ 0.3 cup onion chopped
- ☐ 1 cup carrots sliced
- ☐ 2 cups water
- ☐ 0.3 teaspoon thyme leaves dried
- ☐ 0.3 teaspoon liquid smoke

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0.3 cup parsley fresh chopped

Equipment

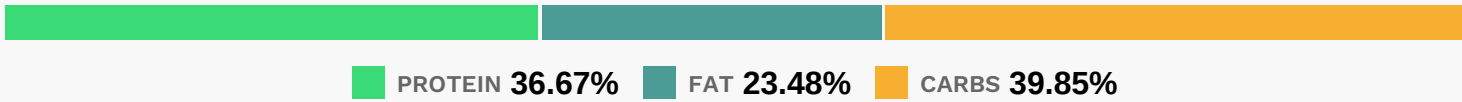
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slow cooker

Directions

- ☐ In 3 1/2- to 4-quart slow cooker, mix all ingredients except parsley.
- ☐ Cover; cook on Low heat setting 10 to 12 hours or until beans are tender. Stir in parsley before serving.

Nutrition Facts



Properties

Glycemic Index:45.71, Glycemic Load:1.38, Inflammation Score:-10, Nutrition Score:35.681739019311%

Flavonoids

Apigenin: 8.8mg, Apigenin: 8.8mg, Apigenin: 8.8mg, Apigenin: 8.8mg Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.57mg, Myricetin: 0.57mg, Myricetin: 0.57mg, Myricetin: 0.57mg Quercetin: 2.21mg, Quercetin: 2.21mg, Quercetin: 2.21mg, Quercetin: 2.21mg

Nutrients (% of daily need)

Calories: 366.33kcal (18.32%), Fat: 9.58g (14.74%), Saturated Fat: 2.05g (12.8%), Carbohydrates: 36.61g (12.2%), Net Carbohydrates: 22.31g (8.11%), Sugar: 4.33g (4.81%), Cholesterol: 82.78mg (27.59%), Sodium: 1363.75mg (59.29%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 33.68g (67.35%), Vitamin A: 5781.33IU (115.63%), Vitamin K: 74.46µg (70.92%), Vitamin B1: 1.04mg (69.22%), Fiber: 14.3g (57.2%), Phosphorus: 565.23mg (56.52%), Folate: 215.51µg (53.88%), Manganese: 0.88mg (44.17%), Vitamin C: 35.02mg (42.45%), Selenium: 28.36µg (40.51%), Potassium: 1139.03mg (32.54%), Magnesium: 125.69mg (31.42%), Copper: 0.62mg (30.76%), Zinc: 4.61mg (30.72%), Vitamin B6: 0.59mg (29.58%), Vitamin B3: 5.63mg (28.13%), Vitamin B12: 1.6µg (26.65%), Iron: 4.24mg (23.56%), Vitamin B2: 0.4mg (23.24%), Vitamin B5: 1.55mg (15.54%), Calcium: 115.43mg (11.54%), Vitamin E: 0.32mg (2.13%)