



Slow Cooker Southern Lima Beans and Ham



Gluten Free



Dairy Free

READY IN



915 min.

SERVINGS



8

CALORIES



76 kcal

SIDE DISH

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1 teaspoon cajun spice
- ☐ 1 pinch cayenne pepper
- ☐ 1 pound baby lima beans dried
- ☐ 0.3 teaspoon garlic salt to taste
- ☐ 1 meaty ham bone
- ☐ 1 cup ham meat from bone leftover chopped
- ☐ 2 onions coarsely chopped

☐ 2 quarts water

Equipment

☐ bowl

☐ slow cooker

Directions

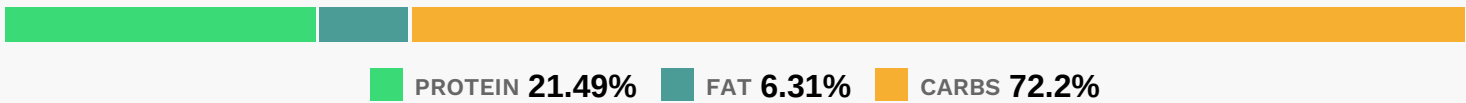
☐ Soak lima beans in 2 quarts of water in a large bowl for 8 hours or overnight. The next day, drain the lima beans and place into a slow cooker with onions, ham bone, and ham.

☐ Pour in 3 cups of water or as needed to cover.

☐ Place lid on the cooker, set to High, and cook for 3 hours.

☐ Stir in Cajun seasoning, black pepper, garlic salt, and cayenne pepper; set cooker to Low and cook until the beans and meat are very tender, about 4 more hours.

Nutrition Facts



Properties

Glycemic Index:13.25, Glycemic Load:0.58, Inflammation Score:-5, Nutrition Score:7.3965217082397%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.58mg, Quercetin: 5.58mg, Quercetin: 5.58mg, Quercetin: 5.58mg

Nutrients (% of daily need)

Calories: 75.97kcal (3.8%), Fat: 0.55g (0.85%), Saturated Fat: 0.13g (0.82%), Carbohydrates: 14.19g (4.73%), Net Carbohydrates: 10.83g (3.94%), Sugar: 2.03g (2.26%), Cholesterol: 0mg (0%), Sodium: 90.32mg (3.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.22g (8.45%), Manganese: 0.74mg (36.84%), Vitamin C: 15.31mg (18.56%), Fiber: 3.35g (13.41%), Copper: 0.23mg (11.58%), Iron: 1.9mg (10.55%), Magnesium: 38.57mg (9.64%), Vitamin B1: 0.14mg (9.11%), Potassium: 311.73mg (8.91%), Phosphorus: 86.01mg (8.6%), Vitamin B6: 0.15mg (7.73%), Folate: 24.65µg (6.16%), Vitamin A: 247.73IU (4.95%), Vitamin B3: 0.89mg (4.47%), Vitamin B2: 0.07mg (4.07%), Zinc: 0.52mg (3.5%), Vitamin K: 3.6µg (3.43%), Calcium: 33.61mg (3.36%), Vitamin B5: 0.18mg (1.81%), Vitamin E: 0.26mg (1.76%), Selenium: 1.18µg (1.68%)