



WHATSheATE



## Snap Beans with Mustard and Country Ham



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



146 kcal

SIDE DISH

### Ingredients

- ☐ 0.3 teaspoon pepper black to taste
- ☐ 1.5 cups chicken broth
- ☐ 3 ounces country ham diced uncooked finely
- ☐ 2 tablespoons flour blended with 2 tablespoons cold water (thickener) all-purpose
- ☐ 1 pound tender young green beans
- ☐ 6 medium scallions green trimmed coarsely chopped (including some tops)
- ☐ 1 tablespoon vegetable oil
- ☐ 2 teaspoons mustard yellow prepared

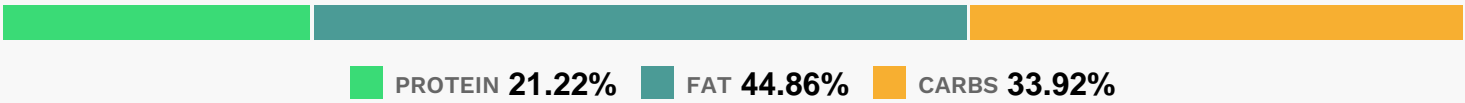
## Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ whisk

## Directions

- ☐ Melt the butter in a large, heavy saucepan over moderate heat, add the ham and scallions, and cook, stirring now and then, for 5 to 8 minutes or until lightly browned.
- ☐ Add the beans and broth and bring to a boil. Adjust the heat so the broth bubbles gently, cover, and cook for 12 to 15 minutes or until the beans are crisp-tender.
- ☐ Meanwhile, combine the thickener and the mustard and set aside. As soon as the beans are done, whisk a little of the hot broth into the mustard mixture, stir back into the pan, add the pepper, and cook, stirring constantly, for 3 minutes or until the broth thickens. Continue cooking uncovered, stirring occasionally, for 3 to 5 minutes or until the sauce has the consistency of a glaze.
- ☐ Taste the beans for salt and pepper, adjust as needed, and serve straightaway.
- ☐ From the book A Love Affair with Southern Cooking: Recipes and Recollections by Jean Anderson. Copyright © 2007 Jean Anderson. Reprinted by permission of William Morrow Cookbooks, an imprint of Harper
- ☐ Collins Publishers.

## Nutrition Facts



## Properties

Glycemic Index:54.25, Glycemic Load:4.66, Inflammation Score:-7, Nutrition Score:14.274782621342%

## Flavonoids

Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Kaempferol: 0.82mg, Kaempferol: 0.82mg, Kaempferol: 0.82mg, Kaempferol: 0.82mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 5.5mg, Quercetin: 5.5mg, Quercetin: 5.5mg, Quercetin: 5.5mg

## Nutrients (% of daily need)

Calories: 146.19kcal (7.31%), Fat: 7.65g (11.77%), Saturated Fat: 2.73g (17.04%), Carbohydrates: 13.02g (4.34%), Net Carbohydrates: 9.13g (3.32%), Sugar: 4.65g (5.16%), Cholesterol: 18.27mg (6.09%), Sodium: 622.58mg (27.07%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.14g (16.29%), Vitamin K: 95.59µg (91.04%), Vitamin C: 18.07mg (21.91%), Vitamin A: 1010.99IU (20.22%), Vitamin B1: 0.29mg (19.06%), Manganese: 0.38mg (18.82%), Fiber: 3.89g (15.55%), Vitamin B2: 0.26mg (15.02%), Folate: 59.52µg (14.88%), Vitamin B6: 0.26mg (12.91%), Vitamin B3: 2.33mg (11.64%), Selenium: 8.12µg (11.6%), Potassium: 387.47mg (11.07%), Iron: 1.97mg (10.96%), Phosphorus: 107.39mg (10.74%), Magnesium: 40.01mg (10%), Copper: 0.14mg (6.83%), Calcium: 65.86mg (6.59%), Zinc: 0.96mg (6.42%), Vitamin E: 0.73mg (4.89%), Vitamin B5: 0.4mg (4.03%), Vitamin B12: 0.15µg (2.56%), Vitamin D: 0.24µg (1.58%)