



Southern Style Thanksgiving Green Beans

 **Gluten Free**  **Dairy Free**

READY IN



290 min.

SERVINGS



8

CALORIES



149 kcal

SIDE DISH

Ingredients

- 0.5 tablespoon pepper black
- 4 pounds green beans fresh trimmed
- 2 cloves garlic finely chopped
- 1 ham hock
- 1 onion chopped
- 1 tablespoon salt
- 2 quarts water
- 0.3 cup distilled vinegar white

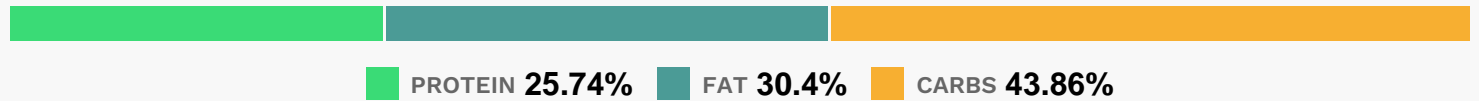
Equipment

pot

Directions

- Place the water in a large pot, and mix in the green beans, ham hock, onion, garlic, and vinegar. Season with salt and pepper. Bring to a boil, and cook 10 minutes.
- Reduce heat to low, and simmer 4 hours.
- Remove the ham hock, and slice the meat into small pieces. Return meat to the beans, and serve.

Nutrition Facts



Properties

Glycemic Index:23.13, Glycemic Load:4.86, Inflammation Score:-8, Nutrition Score:16.612608671188%

Flavonoids

Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 1.11mg, Kaempferol: 1.11mg, Kaempferol: 1.11mg, Kaempferol: 1.11mg Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg Quercetin: 9mg, Quercetin: 9mg, Quercetin: 9mg, Quercetin: 9mg

Nutrients (% of daily need)

Calories: 149kcal (7.45%), Fat: 5.42g (8.33%), Saturated Fat: 1.93g (12.07%), Carbohydrates: 17.58g (5.86%), Net Carbohydrates: 11.12g (4.04%), Sugar: 7.99g (8.88%), Cholesterol: 23.16mg (7.72%), Sodium: 951.53mg (41.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.32g (20.63%), Vitamin K: 98.2µg (93.53%), Vitamin C: 28.92mg (35.06%), Vitamin A: 1567.29IU (31.35%), Manganese: 0.57mg (28.73%), Fiber: 6.47g (25.87%), Folate: 77.54µg (19.39%), Vitamin B6: 0.35mg (17.33%), Potassium: 584.93mg (16.71%), Iron: 2.77mg (15.38%), Magnesium: 61.37mg (15.34%), Vitamin B2: 0.24mg (14.18%), Vitamin B1: 0.19mg (12.95%), Copper: 0.21mg (10.4%), Calcium: 102.46mg (10.25%), Phosphorus: 92.23mg (9.22%), Vitamin B3: 1.69mg (8.45%), Vitamin E: 0.94mg (6.25%), Vitamin B5: 0.54mg (5.37%), Zinc: 0.61mg (4.05%), Selenium: 1.6µg (2.28%)