



## Speckled Butter Beans With Cornbread Crust

 Dairy Free

READY IN



50 min.

SERVINGS



8

CALORIES



267 kcal

SIDE DISH

### Ingredients

- 32 oz shell beans frozen
- 4 cups chicken broth
- 8 servings cornbread crust batter
- 1 tablespoon olive oil
- 0.5 teaspoon pepper
- 1 poblano chile diced
- 0.5 teaspoon salt
- 1 large onion diced sweet

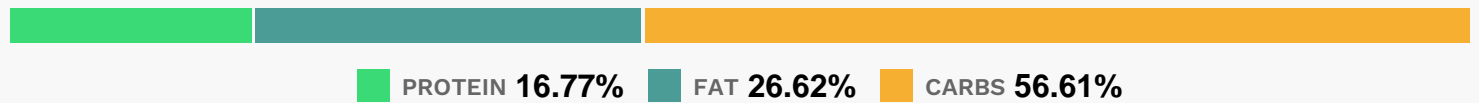
## Equipment

- sauce pan
- oven
- baking pan

## Directions

- Bring first 4 ingredients to a boil in a large saucepan over medium-high heat. Reduce heat to low; cover and simmer 25 minutes or until beans are tender.
- Remove from heat.
- Saut onion and chile in hot oil in a large skillet over medium-high heat 2 minutes; remove from heat, and stir into beans. Spoon bean mixture into a lightly greased 13- x 9-inch baking dish.
- Spoon Cornbread Crust Batter over mixture, spreading to edges of dish.
- Bake at 425 for 20 minutes or until crust is golden brown.

## Nutrition Facts



## Properties

Glycemic Index:9.19, Glycemic Load:5.02, Inflammation Score:-6, Nutrition Score:13.151304400485%

## Flavonoids

Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Luteolin: 0.71mg, Luteolin: 0.71mg, Luteolin: 0.71mg, Luteolin: 0.71mg Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg Myricetin: 0.47mg, Myricetin: 0.47mg, Myricetin: 0.47mg, Myricetin: 0.47mg Quercetin: 6.34mg, Quercetin: 6.34mg, Quercetin: 6.34mg, Quercetin: 6.34mg

## Nutrients (% of daily need)

Calories: 266.57kcal (13.33%), Fat: 8.03g (12.35%), Saturated Fat: 2.1g (13.14%), Carbohydrates: 38.42g (12.81%), Net Carbohydrates: 29.29g (10.65%), Sugar: 6.23g (6.92%), Cholesterol: 2.35mg (0.78%), Sodium: 674.26mg (29.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.38g (22.76%), Manganese: 0.8mg (39.95%), Fiber: 9.13g (36.5%), Folate: 120.02µg (30.01%), Potassium: 694.8mg (19.85%), Iron: 3.53mg (19.59%), Vitamin B1: 0.29mg (19.42%), Vitamin C: 13.95mg (16.9%), Copper: 0.33mg (16.74%), Phosphorus: 160.22mg (16.02%), Magnesium:

58.55mg (14.64%), Vitamin B6: 0.28mg (14.03%), Vitamin B2: 0.18mg (10.62%), Selenium: 7µg (10%), Zinc: 1.33mg (8.87%), Vitamin B3: 1.44mg (7.18%), Vitamin B5: 0.63mg (6.32%), Vitamin K: 6.3µg (6%), Vitamin E: 0.67mg (4.44%), Calcium: 38.44mg (3.84%), Vitamin A: 58.7IU (1.17%)