



Summer Seasoned String Beans



Gluten Free



Low Fod Map

READY IN



80 min.

SERVINGS



8

CALORIES



361 kcal

SIDE DISH

Ingredients

- ☐ 3 tablespoons butter
- ☐ 2 pounds green beans fresh trimmed
- ☐ 1 tablespoon ground pepper black
- ☐ 1 ham hock
- ☐ 2 tablespoons olive oil
- ☐ 12 small potatoes red
- ☐ 0.4 ounce vegetable soup mix dry
- ☐ 1 tablespoon sugar white

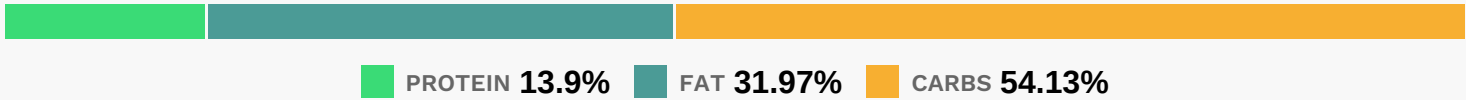
Equipment

☐ pot

Directions

- ☐ Heat the oil and butter in a large pot.
- ☐ Place ham hock in the pot, and brown on both sides. Reduce heat to low.
- ☐ Place green beans and potatoes in the pot, and pour in enough water to cover.
- ☐ Mix in soup mix, sugar, and pepper. Simmer 1 hour, or until beans and potatoes are tender.
- ☐ Remove hock and shred meat into pot before serving.

Nutrition Facts



Properties

Glycemic Index:30.39, Glycemic Load:3.43, Inflammation Score:-8, Nutrition Score:19.529565123112%

Flavonoids

Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 4.75mg, Quercetin: 4.75mg, Quercetin: 4.75mg, Quercetin: 4.75mg

Nutrients (% of daily need)

Calories: 360.5kcal (18.03%), Fat: 13.29g (20.44%), Saturated Fat: 5.15g (32.16%), Carbohydrates: 50.62g (16.87%), Net Carbohydrates: 42.97g (15.63%), Sugar: 8.49g (9.43%), Cholesterol: 34.45mg (11.48%), Sodium: 140.49mg (6.11%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.99g (25.99%), Vitamin K: 59.86µg (57.01%), Vitamin C: 35.91mg (43.53%), Potassium: 1491.81mg (42.62%), Manganese: 0.7mg (35.18%), Fiber: 7.64g (30.57%), Vitamin B6: 0.6mg (29.85%), Copper: 0.43mg (21.57%), Magnesium: 86.18mg (21.54%), Folate: 84.02µg (21%), Phosphorus: 201.92mg (20.19%), Vitamin B1: 0.3mg (20.16%), Vitamin A: 1007.58IU (20.15%), Iron: 3.48mg (19.34%), Vitamin B3: 3.79mg (18.95%), Vitamin B2: 0.2mg (11.86%), Vitamin B5: 0.99mg (9.85%), Calcium: 76.69mg (7.67%), Zinc: 1.13mg (7.56%), Vitamin E: 1.12mg (7.49%), Selenium: 2.06µg (2.94%)