



HEALTH SCORE

37%

## The Perfect Butter Beans Stew



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



147 kcal

SOUP

ANTIPASTI

STARTER

SNACK

## Ingredients

- 500 g lima beans \*soaked overnight dry (Butter Beans)
- 2 onion diced
- 4 garlic clove chopped
- 1 tsp tarragon dry
- 2 tbsp tarragon fresh dry chopped for tarragon canned (if you don't have this ingredient you can double the quantity )
- 2 tbsp paprika sweet
- 3 bay leaves
- 1 tbsp unrefined sunflower oil

- 0.3 tsp pepper
- 6 servings sea salt to taste

## Equipment

## Directions

- Go to my blog for the full instructions: <http://gourmandelle.com/the-perfect-butter-beans-stew/>

## Nutrition Facts



## Properties

Glycemic Index:45.92, Glycemic Load:5.23, Inflammation Score:-8, Nutrition Score:11.494347826087%

## Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 7.48mg, Quercetin: 7.48mg, Quercetin: 7.48mg, Quercetin: 7.48mg

## Taste

Sweetness: 100%, Saltiness: 11.96%, Sourness: 0%, Bitterness: 0%, Savoriness: 0%, Fattiness: 74.18%, Spiciness: 0%

## Nutrients (% of daily need)

Calories: 146.63kcal (7.33%), Fat: 3.14g (4.83%), Saturated Fat: 0.41g (2.56%), Carbohydrates: 23.79g (7.93%), Net Carbohydrates: 16.3g (5.93%), Sugar: 4.23g (4.7%), Cholesterol: 0mg (0%), Sodium: 200.04mg (8.7%), Protein: 7.8g (15.6%), Manganese: 0.72mg (35.77%), Fiber: 7.49g (29.97%), Vitamin A: 1232.27IU (24.65%), Folate: 82.56µg (20.64%), Iron: 3.23mg (17.96%), Potassium: 596.24mg (17.04%), Vitamin B6: 0.3mg (14.96%), Magnesium: 50.89mg (12.72%), Copper: 0.25mg (12.36%), Vitamin E: 1.8mg (11.98%), Phosphorus: 119.59mg (11.96%), Vitamin B1: 0.17mg (11.17%), Zinc: 1.05mg (7.03%), Vitamin B2: 0.11mg (6.59%), Selenium: 4.45µg (6.36%), Calcium: 53.85mg (5.39%), Vitamin C: 4.31mg (5.23%), Vitamin B5: 0.47mg (4.69%), Vitamin B3: 0.81mg (4.06%), Vitamin K: 4.03µg (3.84%)