

# Southern Butter Beans

Yield: 4 min  
Total Time: 275 min

Recipe from: <https://www.recipeschoose.com/recipes/speckled-butter-beans-indian-recipe>

## Ingredients:

- 1 quart butter beans shelled, fresh or frozen
- 2 tablespoons butter substitute, such as Butter Buds
- 1 1/2 tablespoons chicken bouillon
- 1 1/2 teaspoons salt
- water

## Nutrition:

1. Calories: 660 calories
2. Carbohydrate: 113 grams
3. Cholesterol: 15 milligrams
4. Fat: 8 grams
5. Fiber: 34 grams
6. Protein: 38 grams
7. SaturatedFat: 3.5 grams
8. Sodium: 1380 milligrams
9. Sugar: 16 grams

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