

Southern Lima Beans (Butter Beans)

Yield: 4 min
Total Time: 75 min

Recipe from: <https://www.recipeschoose.com/recipes/italian-style-lima-beans-recipe>

Ingredients:

- 1 pound lima beans large dried
- 1 smoked ham hock large
- 9 cups water
- 1 1/2 teaspoons salt
- 1/2 teaspoon black pepper

Nutrition:

1. Calories: 140 calories
2. Carbohydrate: 27 grams
3. Fiber: 6 grams
4. Protein: 8 grams
5. Sodium: 930 milligrams
6. Sugar: 2 grams

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