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Easy Lima Beans ♦

A simple and delicious recipe for lima beans. This dish is perfect for any occasion and can be enjoyed by everyone.

Recipe Type: Standard

Prep Time: 10 mins

Cook Time: 20 mins

Total Time: 30 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

400 g	lima beans
500 ml	water
1 tsp	salt
1 tsp	pepper
2 tbsp	olive oil
2 cloves	garlic

1 onion
medium

Directions

Step 1

Preparation

Rinse the lima beans thoroughly.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Boiling

In a large pot, bring water to a boil. Add the lima beans and cook for 10 minutes.

Prep Time: 0 mins

Cook Time: 10 mins

Step 3

Sautéing

In a separate pan, heat olive oil over medium heat. Add garlic and onion and cook until softened.

Prep Time: 5 mins

Cook Time: 5 mins

Step 4

Mixing

Add the cooked lima beans to the pan with garlic and onion. Season with salt and pepper.

Prep Time: 0 mins

Cook Time: 0 mins

Step 5

Cooking

Cook for an additional 5 minutes, stirring occasionally.

Prep Time: 0 mins

Cook Time: 5 mins

Step 6

Serving

Serve hot and enjoy!

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 180 kcal

Fat: 2 g

Protein: 10 g

Carbohydrates: 32 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	10 g	58.82%	58.82%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	32 g	58.18%	64%
Fibers	10 g	26.32%	40%
Sugars	2 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	1 g	N/A	N/A
Saturated Fat	0 g	0%	0%
Fat	2 g	7.14%	8%
Cholesterol	0 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	0 iu	0%	0%
Vitamin C	10 mg	11.11%	13.33%
Vitamin B6	10 mg	769.23%	769.23%
Vitamin B12	0 mcg	0%	0%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	400 mg	17.39%	17.39%
Calcium	4 mg	0.4%	0.4%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Iron	15 mg	187.5%	83.33%
Potassium	500 mg	14.71%	19.23%
Zinc	8 mg	72.73%	100%
Selenium	2 mcg	3.64%	3.64%

Recipe Attributes

Seasonality

Summer Fall

Events

Easter Thanksgiving Birthday Barbecue

Cuisines

Italian American

Course

Side Dishes Snacks

Cultural

Chinese New Year Easter

Demographics

Senior Friendly

Diet

Mediterranean Diet Vegetarian Diet Vegan Diet Ovo-Vegetarian Diet
Lacto-Ovo Vegetarian Diet Engine 2 Diet

Traditional Chinese Medicine (TCM) Diet

Meal Type

Lunch

Dinner

Snack

Difficulty Level

Easy

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