

# Dried Lima Bean Soup

*Gourmet Eating in South Carolina - (1985)*

## Servings: 6

*1 small package dried lima beans  
1 ham bone  
10 cups water  
1 medium onion, chopped  
1 large can tomatoes  
1/2 bell pepper, chopped  
salt (to taste)  
pepper (to taste)*

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Soak the lima beans in water overnight.

Cook the ham bone in the water for about 30 minutes.

Mash the tomatoes. Add the tomatoes, onion, pepper, salt and pepper to the ham stock.

Cook slowly for two to three hours.

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Per Serving (excluding unknown items): 14 Calories; trace Fat (6.5% calories from fat); trace Protein; 3g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 14mg Sodium. Exchanges: 1/2 Vegetable.

Soups, Chili and Stews

## Per Serving Nutritional Analysis

Calories (kcal):	14
% Calories from Fat:	6.5%
% Calories from Carbohydrates:	81.3%
% Calories from Protein:	12.1%
Total Fat (g):	trace
Saturated Fat (g):	trace
Monounsaturated Fat (g):	trace
Polyunsaturated Fat (g):	trace
Cholesterol (mg):	0mg
Carbohydrate (g):	3g
Dietary Fiber (g):	1g
Protein (g):	trace
Sodium (mg):	14mg
Potassium (mg):	92mg

Vitamin B6 (mg):	.1mg
Vitamin B12 (mcg):	0mcg
Thiamin B1 (mg):	trace
Riboflavin B2 (mg):	trace
Folacin (mcg):	9mcg
Niacin (mg):	trace
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	0.00%

## Food Exchanges

Grain (Starch):	0
Lean Meat:	0
Vegetable:	1/2
Fruit:	0

**Calcium (mg):** 13mg  
**Iron (mg):** trace  
**Zinc (mg):** trace  
**Vitamin C (mg):** 14mg  
**Vitamin A (i.u.):** 190IU  
**Vitamin A (r.e.):** 19RE

**Non-Fat Milk:** 0  
**Fat:** 0  
**Other Carbohydrates:** 0

## Nutrition Facts

Servings per Recipe: 6

### Amount Per Serving

**Calories** 14 Calories from Fat: 1

### % Daily Values\*

<b>Total Fat</b>	trace	0%
Saturated Fat	trace	0%
<b>Cholesterol</b>	0mg	0%
<b>Sodium</b>	14mg	1%
<b>Total Carbohydrates</b>	3g	1%
Dietary Fiber	1g	3%
<b>Protein</b>	trace	
<b>Vitamin A</b>		4%
<b>Vitamin C</b>		23%
<b>Calcium</b>		1%
<b>Iron</b>		1%

\* Percent Daily Values are based on a 2000 calorie diet.