



Braised Kale with Pinto Beans and Pancetta

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



139 kcal

SIDE DISH

Ingredients

- 0.5 teaspoon pepper black freshly ground
- 15 ounce pinto beans rinsed drained canned
- 3 garlic clove minced
- 1.3 pounds kale chopped
- 14 ounce beef broth canned
- 1 ounce pancetta chopped
- 2 cups onion red finely chopped
- 0.3 teaspoon salt

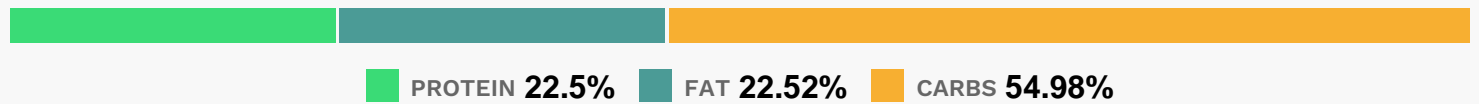
Equipment

- frying pan
- dutch oven

Directions

- Heat a large Dutch oven over medium-high heat. Coat pan with cooking spray.
- Add onion, pancetta, and garlic; saut 5 minutes or until pancetta browns. Stir in kale, pepper, and salt.
- Add beans and broth; bring to a boil. Cover, reduce heat, and simmer 15 minutes or until kale is tender. Uncover and cook 10 minutes or until liquid almost evaporates.

Nutrition Facts



Properties

Glycemic Index:27.67, Glycemic Load:4.73, Inflammation Score:-10, Nutrition Score:25.323913035185%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 24.97mg, Isorhamnetin: 24.97mg, Isorhamnetin: 24.97mg, Isorhamnetin: 24.97mg Kaempferol: 44.58mg, Kaempferol: 44.58mg, Kaempferol: 44.58mg, Kaempferol: 44.58mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 32.19mg, Quercetin: 32.19mg, Quercetin: 32.19mg, Quercetin: 32.19mg

Nutrients (% of daily need)

Calories: 139.01kcal (6.95%), Fat: 3.75g (5.76%), Saturated Fat: 0.91g (5.66%), Carbohydrates: 20.58g (6.86%), Net Carbohydrates: 12.47g (4.53%), Sugar: 3.76g (4.17%), Cholesterol: 3.12mg (1.04%), Sodium: 491.89mg (21.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.42g (16.84%), Vitamin K: 370.54µg (352.9%), Vitamin A: 9444.25IU (188.89%), Vitamin C: 93.17mg (112.94%), Manganese: 0.96mg (48.2%), Fiber: 8.11g (32.46%), Calcium: 289.35mg (28.94%), Potassium: 752.24mg (21.49%), Folate: 85.81µg (21.45%), Vitamin B2: 0.36mg (21.14%), Magnesium: 61.14mg (15.28%), Iron: 2.73mg (15.15%), Vitamin B6: 0.29mg (14.35%), Phosphorus: 142.01mg (14.2%), Vitamin B1: 0.18mg (12.29%), Copper: 0.19mg (9.72%), Vitamin B3: 1.57mg (7.85%), Vitamin E: 1.06mg (7.08%), Zinc: 0.93mg (6.21%), Selenium: 2.29µg (3.27%), Vitamin B5: 0.29mg (2.85%)