



 **82%**
HEALTH SCORE

Braised White Beans with Chard

 Vegetarian  Gluten Free  Dairy Free  Very Healthy

READY IN



45 min.

SERVINGS



8

CALORIES



350 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 8 servings pepper black freshly ground
- 60 ounce cannellini beans drained and rinsed canned
- 5 medium garlic clove finely chopped
- 1 tablespoon kosher salt as needed plus more
- 1.5 cups chicken broth low-sodium
- 0.3 cup olive oil
- 0.3 cup parsley fresh italian coarsely chopped
- 1 pound swiss chard

1 tablespoon citrus champagne vinegar

1 medium onion yellow

Equipment

bowl

dutch oven

Directions

Trim the ends from the chard stems and discard.

Cut off the stems at the base of the leaves and slice crosswise into 1/4-inch pieces; place in a small bowl and set aside. Stack the leaves and cut them into bite-size pieces; set aside.

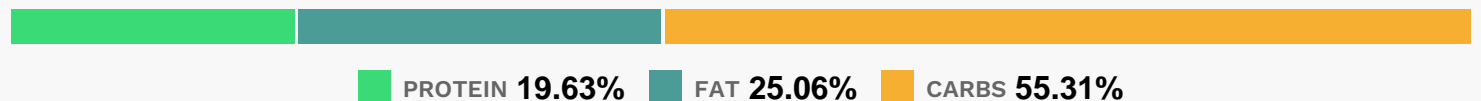
Heat the oil in a Dutch oven or a large, heavy-bottomed pot over medium heat until shimmering.

Add the reserved chard stems, onion, and garlic and season with salt and pepper. Cook, stirring occasionally, until the vegetables have softened, about 8 minutes.

Add the chard leaves, beans, broth, and measured salt. Cook, stirring occasionally, until the leaves are wilted and the mixture has come to a simmer. Continue to simmer, stirring occasionally, until the chard is tender and the broth has thickened slightly, about 5 minutes more.

Remove from the heat and stir in the parsley and vinegar. Taste and season with salt and pepper as needed.

Nutrition Facts



Properties

Glycemic Index:23, Glycemic Load:11.69, Inflammation Score:-10, Nutrition Score:28.179999838705%

Flavonoids

Catechin: 0.85mg, Catechin: 0.85mg, Catechin: 0.85mg, Catechin: 0.85mg Apigenin: 5.4mg, Apigenin: 5.4mg, Apigenin: 5.4mg, Apigenin: 5.4mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 3.42mg, Kaempferol: 3.42mg, Kaempferol: 3.42mg Myricetin: 2.16mg, Myricetin: 2.16mg, Myricetin:

2.16mg, Myricetin: 2.16mg Quercetin: 4.08mg, Quercetin: 4.08mg, Quercetin: 4.08mg, Quercetin: 4.08mg

Nutrients (% of daily need)

Calories: 349.6kcal (17.48%), Fat: 10.04g (15.45%), Saturated Fat: 1.51g (9.45%), Carbohydrates: 49.86g (16.62%), Net Carbohydrates: 38.37g (13.95%), Sugar: 1.92g (2.13%), Cholesterol: 0mg (0%), Sodium: 1019.35mg (44.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.7g (35.4%), Vitamin K: 523.44µg (498.51%), Vitamin A: 3679.3IU (73.59%), Manganese: 1.37mg (68.57%), Fiber: 11.49g (45.98%), Iron: 7.76mg (43.13%), Magnesium: 158.17mg (39.54%), Folate: 152.63µg (38.16%), Potassium: 1262.02mg (36.06%), Copper: 0.63mg (31.71%), Vitamin E: 4.07mg (27.14%), Vitamin C: 21.95mg (26.6%), Phosphorus: 241.46mg (24.15%), Calcium: 197.09mg (19.71%), Zinc: 2.71mg (18.04%), Vitamin B1: 0.24mg (15.94%), Vitamin B6: 0.26mg (13.12%), Vitamin B2: 0.15mg (8.9%), Selenium: 4.26µg (6.08%), Vitamin B3: 1.14mg (5.68%), Vitamin B5: 0.53mg (5.3%)