



 **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



PROTEIN 19.63%  FAT 25.06%  CARBS 55.31%

## 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%)