






 **80%**
HEALTH SCORE

Butter Beans with Kale and Eggs

 **Gluten Free**  **Dairy Free**  **Very Healthy**

READY IN

1440 min.

SERVINGS

4

CALORIES

1356 kcal

LUNCH **MAIN COURSE** **MAIN DISH** **DINNER**

Ingredients

- 2 bay leaves
- 4 servings pepper black freshly ground
- 1 pound shell beans (large lima beans)
- 28 ounce canned tomatoes whole packed in juice, roughly chopped canned
- 1 medium carrots
- 1 rib celery
- 2 quarts chicken broth low-sodium homemade canned
- 2 hardboiled eggs

- 4 servings kosher salt
- 2 tablespoons olive oil extra virgin extra-virgin
- 1 onion whole split
- 3 ounce salt pork (see note)
- 4 cups pkt spinach roughly chopped
- 4 thyme sprigs

Equipment

- sauce pan
- pot
- wooden spoon

Directions

- Cover beans with 2 quarts cold water and add 2 tablespoons salt. Stir once to combine then set aside at room temperature for at least 8 hours and up to 18 hours.
- Drain and rinse beans and add to a large saucepan.
- Add salt pork (see note), chicken broth, bay leaves, thyme, onion, carrot, and celery. Bring to a boil over high heat, reduce to a bare simmer and cook until beans are completely tender, about 1 hour, topping up with water as necessary (beans should be just poking through the top surface).
- Discard bay leaves, thyme sprigs, onion, carrot, and celery.
- Remove pork and discard if desired or chop up and add back to pot.
- Add tomatoes and kale to pot, bring to a simmer, and cook, gently stirring occasionally with a wooden spoon until thickened and stew-like, about 20 minutes longer.
- Season to taste with salt and pepper and serve, topping with hard boiled eggs and a drizzle of extra virgin olive oil. Beans can be stored in an airtight container in the fridge for up to 5 days and will improve with time. Reheat by microwaving or stir gently over medium heat, adding liquid as necessary.

Nutrition Facts



■ PROTEIN 41.02% ■ FAT 44.52% ■ CARBS 14.46%

Properties

Glycemic Index:71.08, Glycemic Load:10.31, Inflammation Score:-10, Nutrition Score:58.521303902502%

Flavonoids

Apigenin: 0.32mg, Apigenin: 0.32mg, Apigenin: 0.32mg, Apigenin: 0.32mg Luteolin: 0.81mg, Luteolin: 0.81mg, Luteolin: 0.81mg, Luteolin: 0.81mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 2.15mg, Kaempferol: 2.15mg, Kaempferol: 2.15mg, Kaempferol: 2.15mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 6.84mg, Quercetin: 6.84mg, Quercetin: 6.84mg, Quercetin: 6.84mg

Nutrients (% of daily need)

Calories: 1355.93kcal (67.8%), Fat: 66.3g (102.01%), Saturated Fat: 18.9g (118.14%), Carbohydrates: 48.44g (16.15%), Net Carbohydrates: 34.84g (12.67%), Sugar: 14.45g (16.06%), Cholesterol: 348.12mg (116.04%), Sodium: 3383.98mg (147.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 137.47g (274.95%), Vitamin K: 178.07µg (169.59%), Selenium: 102.79µg (146.84%), Vitamin A: 6851.55IU (137.03%), Phosphorus: 999.08mg (99.91%), Zinc: 14.17mg (94.49%), Vitamin B12: 5.07µg (84.52%), Vitamin B6: 1.55mg (77.56%), Vitamin B3: 15.07mg (75.35%), Iron: 13.02mg (72.31%), Manganese: 1.33mg (66.35%), Potassium: 2217.15mg (63.35%), Fiber: 13.6g (54.41%), Magnesium: 213.56mg (53.39%), Folate: 211.07µg (52.77%), Vitamin B2: 0.86mg (50.81%), Copper: 0.95mg (47.37%), Vitamin E: 6.21mg (41.38%), Vitamin C: 31.56mg (38.25%), Vitamin B1: 0.44mg (29.5%), Calcium: 216.93mg (21.69%), Vitamin B5: 1.55mg (15.48%), Vitamin D: 1.07µg (7.1%)