



Chef John's Rocket Beans

 Gluten Free  Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



252 kcal

SIDE DISH

Ingredients

- 2 cups arugula coarsely chopped
- 4 slices bacon sliced
- 15 ounce shell beans drained and rinsed
- 3 cloves garlic minced
- 0.5 juice of lemon juiced
- 1 tablespoon olive oil
- 1 pinch salt and pepper black freshly ground to taste

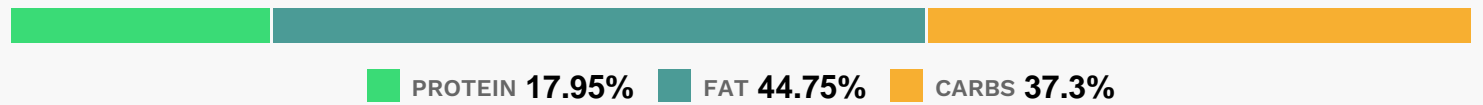
Equipment

frying pan

Directions

- Cook bacon in olive oil in a large skillet over medium heat until crisp, about 8 minutes.
- Pour butter beans into bacon and drippings; toss lightly. Season with salt and black pepper; cook 3 more minutes to blend flavors.
- Stir garlic into beans and cook just until fragrant, about 30 seconds. Toss arugula into mixture and cook until wilted; remove from heat. Stir in lemon juice.

Nutrition Facts



Properties

Glycemic Index:31.38, Glycemic Load:4.93, Inflammation Score:-5, Nutrition Score:11.73173916599%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg Kaempferol: 3.49mg, Kaempferol: 3.49mg, Kaempferol: 3.49mg, Kaempferol: 3.49mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.85mg, Quercetin: 0.85mg, Quercetin: 0.85mg, Quercetin: 0.85mg

Nutrients (% of daily need)

Calories: 251.68kcal (12.58%), Fat: 12.72g (19.57%), Saturated Fat: 3.52g (21.97%), Carbohydrates: 23.86g (7.95%), Net Carbohydrates: 16.2g (5.89%), Sugar: 3.41g (3.78%), Cholesterol: 14.52mg (4.84%), Sodium: 150.96mg (6.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.49g (22.97%), Manganese: 0.62mg (31.22%), Fiber: 7.67g (30.67%), Folate: 98.76µg (24.69%), Potassium: 633.77mg (18.11%), Vitamin B1: 0.24mg (16.11%), Phosphorus: 158.67mg (15.87%), Iron: 2.84mg (15.78%), Vitamin K: 15.21µg (14.49%), Copper: 0.27mg (13.72%), Selenium: 9.56µg (13.66%), Magnesium: 53.88mg (13.47%), Vitamin B6: 0.27mg (13.33%), Zinc: 1.34mg (8.97%), Vitamin B3: 1.38mg (6.91%), Vitamin B5: 0.63mg (6.33%), Vitamin E: 0.84mg (5.6%), Vitamin B2: 0.09mg (5.17%), Vitamin A: 246IU (4.92%), Vitamin C: 3.65mg (4.43%), Calcium: 39.62mg (3.96%), Vitamin B12: 0.11µg (1.83%)