



Curly Endive with Beans, Tomatoes, and Croutons

 Vegetarian  Vegan  Dairy Free  Very Healthy

READY IN



45 min.

SERVINGS



5

CALORIES



237 kcal

SIDE DISH

Ingredients

- 1 bay leaf
- 1.5 pounds salad leaves curly endive chopped
- 0.5 pound navy beans dried
- 1.5 ounce bread french cut into 3/4-inch cubes
- 0.3 cup basil fresh minced
- 1 small garlic clove crushed
- 2 garlic cloves minced

- 2 teaspoons olive oil extra-virgin
- 0.3 teaspoon pepper
- 0.5 teaspoon salt
- 2.3 cups tomatoes diced seeded
- 2 cups water

Equipment

- bowl
- frying pan
- baking sheet
- oven
- ziploc bags
- dutch oven

Directions

- Preheat oven to 350
- Combine bread cubes and crushed garlic in a large zip-top plastic bag. Seal bag, and shake to coat bread cubes. Arrange bread cubes in a single layer on a baking sheet.
- Bake at 350 for 15 minutes or until toasted.
- Sort and wash beans, and place in a large Dutch oven. Cover beans with water to 2 inches above beans. Bring beans to a boil, and cook 2 minutes.
- Remove beans from heat; cover and let stand 1 hour.
- Drain.
- Add bay leaf and 2 cups water to beans in pan, and bring to a boil. Cover, reduce heat, and simmer 1 hour. Discard bay leaf.
- Add curly endive; cover and cook 10 minutes, stirring occasionally. Stir in tomato, basil, minced garlic, salt, and pepper, and cook, uncovered, 5 minutes. Spoon bean mixture into a medium bowl.
- Drizzle with oil, and top with croutons.

Note: Substitute 2 1/2 cups drained canned beans, such as navy, cannellini, or other white beans, for dry beans. Do not soak canned beans.

Nutrition Facts



PROTEIN 22.52% **FAT 10.95%** **CARBS 66.53%**

Properties

Glycemic Index:56.1, Glycemic Load:4.3, Inflammation Score:-10, Nutrition Score:35.739565517591%

Flavonoids

Naringenin: 0.47mg, Naringenin: 0.47mg, Naringenin: 0.47mg, Naringenin: 0.47mg Apigenin: 1.05mg, Apigenin: 1.05mg, Apigenin: 1.05mg Luteolin: 2.83mg, Luteolin: 2.83mg, Luteolin: 2.83mg, Luteolin: 2.83mg Kaempferol: 3.4mg, Kaempferol: 3.4mg, Kaempferol: 3.4mg, Kaempferol: 3.4mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 9.27mg, Quercetin: 9.27mg, Quercetin: 9.27mg, Quercetin: 9.27mg

Nutrients (% of daily need)

Calories: 237.22kcal (11.86%), Fat: 3.06g (4.7%), Saturated Fat: 0.47g (2.91%), Carbohydrates: 41.78g (13.93%), Net Carbohydrates: 24.16g (8.78%), Sugar: 4.96g (5.51%), Cholesterol: 0mg (0%), Sodium: 355.87mg (15.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.14g (28.27%), Vitamin K: 417.79µg (397.9%), Vitamin A: 8424.02IU (168.48%), Folate: 336.61µg (84.15%), Manganese: 1.41mg (70.48%), Fiber: 17.62g (70.48%), Vitamin C: 42.97mg (52.09%), Copper: 0.86mg (43.02%), Potassium: 1296.03mg (37.03%), Vitamin B1: 0.52mg (34.89%), Magnesium: 132.94mg (33.23%), Phosphorus: 277.79mg (27.78%), Vitamin E: 3.72mg (24.8%), Iron: 4.33mg (24.07%), Calcium: 223.12mg (22.31%), Vitamin B6: 0.43mg (21.33%), Vitamin B5: 2.02mg (20.2%), Zinc: 2.48mg (16.51%), Vitamin B2: 0.26mg (15.48%), Vitamin B3: 2.52mg (12.6%), Selenium: 8.1µg (11.56%)