



Escarole with Bacon and White Beans



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



213 kcal

SIDE DISH

Ingredients

- ☐ 2 slices bacon chopped
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 16 ounce cannellini beans beans white rinsed drained canned
- ☐ 6 cups endive chopped (2 [8-ounce] heads)
- ☐ 14 ounce less-sodium chicken broth fat-free canned
- ☐ 1 garlic clove thinly sliced
- ☐ 1 cup onion chopped
- ☐ 0.3 teaspoon salt

☐ 1 teaspoon sugar

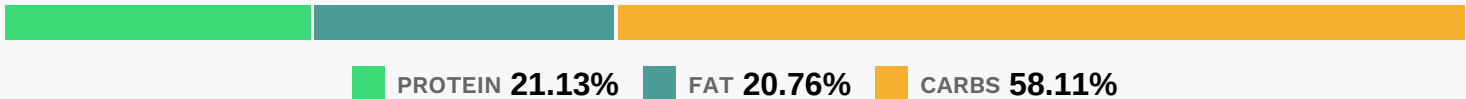
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ slotted spoon

Directions

- ☐ Cook bacon in a large saucepan over medium heat until crisp.
- ☐ Remove bacon from pan with a slotted spoon, reserving 2 teaspoons drippings in pan; set bacon aside.
- ☐ Add onion to drippings in pan; cook 12 minutes or until golden brown, stirring occasionally.
- ☐ Add garlic; cook 2 minutes, stirring frequently.
- ☐ Add escarole, and cook for 2 minutes or until escarole wilts, stirring frequently.
- ☐ Add sugar, salt, pepper, and chicken broth; cook 15 minutes or until escarole is tender, stirring occasionally.
- ☐ Add beans; cook for 2 minutes or until thoroughly heated.
- ☐ Sprinkle with bacon.

Nutrition Facts



Properties

Glycemic Index:58.77, Glycemic Load:7.46, Inflammation Score:-9, Nutrition Score:20.799999901782%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 7.84mg, Kaempferol: 7.84mg, Kaempferol: 7.84mg, Kaempferol: 7.84mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 8.13mg, Quercetin: 8.13mg, Quercetin: 8.13mg, Quercetin: 8.13mg

Nutrients (% of daily need)

Calories: 213.14kcal (10.66%), Fat: 5.06g (7.79%), Saturated Fat: 1.6g (10.02%), Carbohydrates: 31.89g (10.63%), Net Carbohydrates: 23.4g (8.51%), Sugar: 3.37g (3.74%), Cholesterol: 7.26mg (2.42%), Sodium: 647.92mg (28.17%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.59g (23.19%), Vitamin K: 176.92µg (168.49%), Manganese: 0.99mg (49.58%), Folate: 188.84µg (47.21%), Fiber: 8.5g (33.98%), Vitamin A: 1630.87IU (32.62%), Potassium: 864.99mg (24.71%), Iron: 4.31mg (23.93%), Copper: 0.38mg (19.02%), Magnesium: 75.8mg (18.95%), Phosphorus: 163.89mg (16.39%), Vitamin B1: 0.23mg (15.08%), Zinc: 2.09mg (13.94%), Calcium: 137.51mg (13.75%), Vitamin B5: 1.12mg (11.2%), Vitamin B6: 0.2mg (10.04%), Vitamin C: 8.07mg (9.78%), Selenium: 6.68µg (9.54%), Vitamin E: 1.28mg (8.55%), Vitamin B2: 0.14mg (8.23%), Vitamin B3: 1.48mg (7.39%), Vitamin B12: 0.25µg (4.22%)