



Garbanzo Beans and Greens

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



291 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 30 ounce chickpeas organic rinsed drained canned (garbanzo beans)
- ☐ 1 cup carrots chopped
- ☐ 0.5 teaspoon pepper red crushed
- ☐ 2 garlic cloves minced
- ☐ 0.5 teaspoon ground cumin
- ☐ 4 cups kale fresh chopped
- ☐ 0.3 teaspoon kosher salt
- ☐ 2.5 cups lower-sodium chicken broth fat-free

- ☐ 0.5 cup onion chopped
- ☐ 1 teaspoon paprika
- ☐ 0.5 cup greek yogurt plain 2% reduced-fat
- ☐ 2 slices center-cut bacon
- ☐ 1 cup water

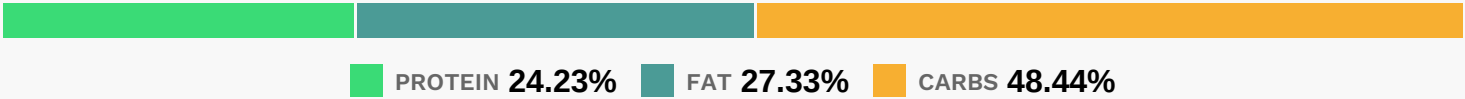
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ ladle
- ☐ slotted spoon
- ☐ dutch oven

Directions

- ☐ Cook bacon in a Dutch oven over medium heat until crisp.
- ☐ Remove bacon from pan using a slotted spoon, and crumble.
- ☐ Add 1 cup carrot and chopped onion to drippings in pan, and cook for 4 minutes, stirring occasionally.
- ☐ Add garlic, and cook for 1 minute, stirring constantly.
- ☐ Add paprika, 1/4 teaspoon salt, cumin, and red pepper; cook for 30 seconds, stirring constantly. Stir in chicken broth, 1 cup water, and beans; bring to a boil. Reduce heat, and simmer for 20 minutes, stirring occasionally.
- ☐ Add 4 cups kale to bean mixture. Cover and simmer for 10 minutes or until kale is tender, stirring occasionally. Ladle about 1 1/4 cups bean mixture into each of 4 bowls, and top each serving with 2 tablespoons yogurt.
- ☐ Sprinkle with bacon, and serve with lemon wedges, if desired.
- ☐ Wine Match: An inexpensive selection, the 2008 Turning Leaf Cabernet Sauvignon (California, \$
- ☐ has black cherries, oak, and a nice, smooth taste to counterbalance the meaty bacon and beans and earthy greens in this hearty dish. --Gretchen Roberts

Nutrition Facts



Properties

Glycemic Index:49.04, Glycemic Load:9.4, Inflammation Score:-10, Nutrition Score:27.84739106764%

Flavonoids

Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 5.96mg, Isorhamnetin: 5.96mg, Isorhamnetin: 5.96mg, Isorhamnetin: 5.96mg Kaempferol: 10.04mg, Kaempferol: 10.04mg, Kaempferol: 10.04mg, Kaempferol: 10.04mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 8.9mg, Quercetin: 8.9mg, Quercetin: 8.9mg, Quercetin: 8.9mg

Nutrients (% of daily need)

Calories: 291.36kcal (14.57%), Fat: 9.18g (14.12%), Saturated Fat: 2g (12.51%), Carbohydrates: 36.6g (12.2%), Net Carbohydrates: 24.82g (9.03%), Sugar: 3.44g (3.82%), Cholesterol: 8.51mg (2.84%), Sodium: 1135.33mg (49.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.3g (36.61%), Vitamin A: 7804.89IU (156.1%), Manganese: 2mg (99.93%), Vitamin K: 86.91µg (82.77%), Vitamin B6: 1.19mg (59.28%), Fiber: 11.77g (47.09%), Vitamin C: 23.69mg (28.71%), Potassium: 894.67mg (25.56%), Phosphorus: 254.35mg (25.43%), Folate: 78.19µg (19.55%), Copper: 0.39mg (19.49%), Iron: 3.49mg (19.41%), Magnesium: 77.4mg (19.35%), Calcium: 180.09mg (18.01%), Selenium: 9.57µg (13.67%), Zinc: 1.99mg (13.27%), Vitamin B2: 0.22mg (12.87%), Vitamin B1: 0.16mg (10.99%), Vitamin B5: 0.93mg (9.34%), Vitamin B3: 1.46mg (7.29%), Vitamin E: 0.65mg (4.36%), Vitamin B12: 0.23µg (3.83%)