



## Garbanzo Beans & Greens

READY IN



45 min.

SERVINGS



4

CALORIES



723 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 3 strips bacon
- 1 cup carrots chopped ( 3 medium)
- 1 medium onion chopped
- 2 garlic minced
- 1 teaspoon paprika smoked
- 0.3 teaspoon kosher salt
- 0.5 teaspoon cumin
- 0.5 teaspoon pepper red crushed
- 4 cups vegetable stock (depending on desired thickness)

- 15 oz chickpeas fresh drained canned (if you'd prefer , just pre-soak and cook them)
- 4 cups kale green hearty chopped (or other )
- 4 servings greek yogurt plain (I get the 2%%)
- 4 servings bacon with tongs and leave fat. (alternatively, just heat olive oil or olive oil/butter combo in pan.)
- 4 servings bacon
- 4 servings add carrot and onion to bacon fat . cook chopped for 4-5 minutes, stirring. (still over medium heat)
- 4 servings garlic for a minute or so longer.
- 4 servings pepper red crushed for 30 seconds.
- 4 servings veggie broth for 20 minutes, stirring every now and then.
- 4 servings kale for 10 minutes.
- 4 servings bacon (if desired)
- 4 servings top with desired toppings. serve with pita, naan or crusty bread for a delicious meal.

## Equipment

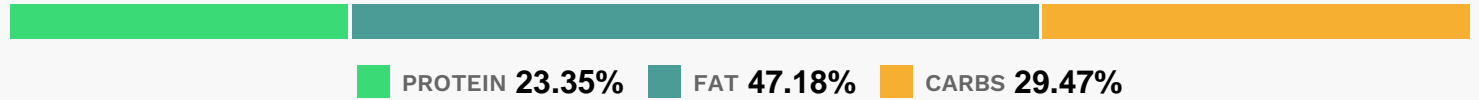
- frying pan
- dutch oven
- tongs

## Directions

- Cook bacon in a dutch oven or soup pot on medium heat.
- Remove bacon with tongs and leave fat. (Alternatively, just heat olive oil or olive oil/butter combo in pan.)
- Crumble bacon and set aside.
- Add chopped carrot and onion to bacon fat (still over medium heat). Cook for about 4-5 minutes, stirring.
- Add garlic and stir for a minute or so longer.
- Add paprika, salt, cumin and crushed red pepper and stir for about 30 seconds.

- Turn up the heat and add broth and beans. Bring to a boil. Reduce to a simmer and cook for 20 minutes, stirring every now and then.
- Add kale and cover the mixture and simmer for about 10 minutes.
- Sprinkle in bacon crumbles (if desired) and stir.
- Top with desired toppings.
- Serve with pita, naan or crusty bread for a delicious meal.

## Nutrition Facts



### Properties

Glycemic Index:103.52, Glycemic Load:10.58, Inflammation Score:-10, Nutrition Score:39.280869565217%

### Flavonoids

Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 6.57mg, Isorhamnetin: 6.57mg, Isorhamnetin: 6.57mg, Isorhamnetin: 6.57mg Kaempferol: 10.56mg, Kaempferol: 10.56mg, Kaempferol: 10.56mg, Kaempferol: 10.56mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 10.7mg, Quercetin: 10.7mg, Quercetin: 10.7mg, Quercetin: 10.7mg

### Taste

Sweetness: 58.12%, Saltiness: 100%, Sourness: 21.31%, Bitterness: 29.24%, Savoriness: 72.08%, Fattiness: 85.43%, Spiciness: 0%

### Nutrients (% of daily need)

Calories: 722.78kcal (36.14%), Fat: 38.15g (58.7%), Saturated Fat: 12g (75.01%), Carbohydrates: 53.62g (17.87%), Net Carbohydrates: 42.17g (15.33%), Sugar: 18.81g (20.9%), Cholesterol: 65.4mg (21.8%), Sodium: 2731.72mg (118.77%), Protein: 42.49g (84.97%), Vitamin A: 9529.57IU (190.59%), Vitamin K: 97.26µg (92.63%), Manganese: 1.48mg (74.18%), Phosphorus: 618.18mg (61.82%), Selenium: 42.11µg (60.16%), Folate: 224.06µg (56.02%), Vitamin B2: 0.84mg (49.14%), Fiber: 11.45g (45.78%), Calcium: 370.63mg (37.06%), Vitamin B6: 0.72mg (36.02%), Vitamin C: 27.3mg (33.09%), Vitamin B1: 0.48mg (31.91%), Vitamin B12: 1.81µg (30.21%), Potassium: 1052.81mg (30.08%), Zinc: 4.06mg (27.09%), Iron: 4.83mg (26.86%), Vitamin B3: 5.31mg (26.54%), Copper: 0.52mg (26.15%), Magnesium: 103.39mg (25.85%), Vitamin B5: 1.63mg (16.28%), Vitamin E: 2.13mg (14.22%), Vitamin D: 0.36µg (2.37%)