



Kale and White-Bean Stew



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



332 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3.3 cups tomatoes diced with their juice (two 15-ounce cans) canned
- ☐ 2 tablespoons cooking oil
- ☐ 3 cloves garlic minced
- ☐ 0.5 teaspoon fresh-ground pepper black
- ☐ 1.5 quarts kale shredded washed well
- ☐ 2 onions chopped
- ☐ 1.3 teaspoons salt
- ☐ 0.3 pound sausages hot

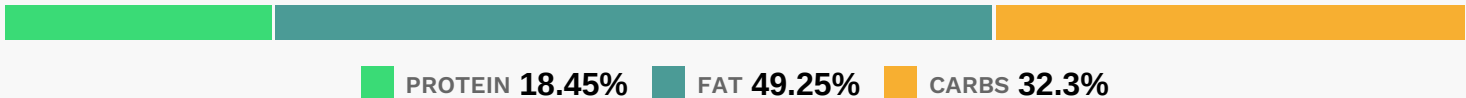
Equipment

- ☐ frying pan
- ☐ dutch oven

Directions

- ☐ In a Dutch oven, heat 1 tablespoon of the oil over moderate heat.
- ☐ Add the sausage and cook, breaking the meat up with a fork, until the it loses its pink color, about 2 minutes.
- ☐ Add the remaining tablespoon of oil to the pan and then stir in the onions. Cook, stirring occasionally, until the onions start to soften, about 3 minutes.
- ☐ Add the garlic and kale to the pan and cook, stirring, until the kale wilts, about 2 minutes. Stir in the tomatoes, salt, and pepper; bring to a simmer. Reduce the heat and simmer, covered, until the kale is tender, about 15 minutes.
- ☐ Stir the beans into the stew and cook until warmed through, about 5 minutes. If you like, mash some of the beans with a fork to thicken the sauce.
- ☐ Wine Recommendation: Since this dish has a strong Portuguese influence, why not pair it with a rustic red from Portugal? Try one of the many delicious examples from the Douro or Ribatejo regions for a lusty combination of food and drink.
- ☐ Notes: Shred kale leaves as fine as possible when making quick soups and stews, so that each bite will include tender greens instead of a chewy mouthful.

Nutrition Facts



Properties

Glycemic Index:37.25, Glycemic Load:1.74, Inflammation Score:-10, Nutrition Score:47.167391113613%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 86.51mg, Isorhamnetin: 86.51mg, Isorhamnetin: 86.51mg, Isorhamnetin: 86.51mg Kaempferol: 166.47mg, Kaempferol: 166.47mg, Kaempferol: 166.47mg, Kaempferol: 166.47mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 92.34mg, Quercetin:

92.34mg, Quercetin: 92.34mg, Quercetin: 92.34mg

Nutrients (% of daily need)

Calories: 332.25kcal (16.61%), Fat: 20.14g (30.99%), Saturated Fat: 3.71g (23.16%), Carbohydrates: 29.73g (9.91%), Net Carbohydrates: 12.13g (4.41%), Sugar: 9.96g (11.06%), Cholesterol: 20.41mg (6.8%), Sodium: 1383.74mg (60.16%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.97g (33.95%), Vitamin K: 1395.61µg (1329.16%), Vitamin A: 35710.68IU (714.21%), Vitamin C: 355.03mg (430.34%), Manganese: 2.64mg (131.82%), Calcium: 984.23mg (98.42%), Vitamin B2: 1.39mg (81.99%), Fiber: 17.6g (70.38%), Folate: 246.87µg (61.72%), Potassium: 1774.09mg (50.69%), Vitamin B6: 0.93mg (46.25%), Iron: 8.12mg (45.09%), Vitamin B1: 0.6mg (39.94%), Magnesium: 149.59mg (37.4%), Vitamin B3: 7.03mg (35.14%), Vitamin E: 5mg (33.31%), Phosphorus: 291.24mg (29.12%), Copper: 0.38mg (18.84%), Zinc: 2.4mg (16.02%), Vitamin B5: 0.83mg (8.34%), Selenium: 4µg (5.72%), Vitamin B12: 0.24µg (4.02%), Vitamin D: 0.37µg (2.46%)