



HEALTH SCORE

100%

Spicy Beans with Wilted Greens



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



6

CALORIES



356 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients



4 fillet anchovy packed in oil, drained



4 pepper red crushed



4 cups arugula divided trimmed



4 celery stalks finely chopped



1 pound navy dried white drained



1 large bunch flat parsley trimmed coarsely chopped



4 garlic clove thinly sliced



6 servings pepper freshly ground

- ☐ 2 teaspoons juice of lemon fresh
- ☐ 1 bunch mustard greens coarsely chopped
- ☐ 0.3 cup olive oil plus more for drizzling
- ☐ 1 large onion thinly sliced
- ☐ 1 beef shaved for serving
- ☐ 1 sprig rosemary

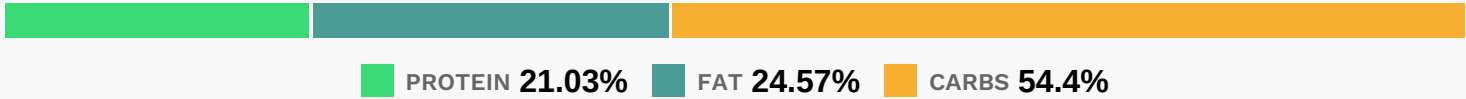
Equipment

- ☐ bowl
- ☐ dutch oven

Directions

- ☐ Heat 1/4 cup oil in a large Dutch oven over medium heat. Cook anchovies, if using, chiles, and garlic, stirring occasionally, until garlic is soft and anchovies are dissolved, about 4 minutes.
- ☐ Add onion, celery, and rosemary; season with salt and pepper. Increase heat to medium-high and cook, stirring occasionally, until onion is very soft and golden brown, 8–10 minutes.
- ☐ Add Parmesan rind, if using, beans, and 10 cups water. Bring to a boil, reduce heat, and simmer, stirring occasionally and adding more water as needed, until beans are beginning to fall apart, 3–4 hours.
- ☐ Lightly crush some beans to give stew a creamy consistency.
- ☐ Mix in kale, spinach, and half of arugula; season with salt and pepper. Cook until greens are wilted, 5–8 minutes.
- ☐ Toss remaining arugula with lemon juice and 1 tablespoon oil; season with salt and pepper. Divide stew among bowls; top with arugula, shaved Parmesan, and a drizzle of oil.
- ☐ DO AHEAD: Stew can be made 3 days ahead.
- ☐ Let cool; cover and chill.

Nutrition Facts



Properties

Glycemic Index:47.83, Glycemic Load:0.91, Inflammation Score:-9, Nutrition Score:29.678260734548%

Flavonoids

Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 20.56mg, Apigenin: 20.56mg, Apigenin: 20.56mg, Apigenin: 20.56mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Isorhamnetin: 1.85mg, Isorhamnetin: 1.85mg, Isorhamnetin: 1.85mg, Isorhamnetin: 1.85mg Kaempferol: 7.6mg, Kaempferol: 7.6mg, Kaempferol: 7.6mg, Kaempferol: 7.6mg Myricetin: 1.45mg, Myricetin: 1.45mg, Myricetin: 1.45mg, Myricetin: 1.45mg Quercetin: 6.22mg, Quercetin: 6.22mg, Quercetin: 6.22mg, Quercetin: 6.22mg

Nutrients (% of daily need)

Calories: 356.23kcal (17.81%), Fat: 10.03g (15.43%), Saturated Fat: 1.5g (9.36%), Carbohydrates: 49.96g (16.65%), Net Carbohydrates: 37.36g (13.59%), Sugar: 3.11g (3.46%), Cholesterol: 1.72mg (0.57%), Sodium: 28.73mg (1.25%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.31g (38.62%), Vitamin K: 181.57µg (172.92%), Folate: 327.16µg (81.79%), Manganese: 1.5mg (75.02%), Fiber: 12.59g (50.37%), Iron: 8.94mg (49.66%), Potassium: 1526.18mg (43.61%), Magnesium: 159.53mg (39.88%), Copper: 0.79mg (39.66%), Phosphorus: 256.45mg (25.64%), Vitamin B1: 0.36mg (24.19%), Calcium: 231.52mg (23.15%), Vitamin A: 1156.64IU (23.13%), Vitamin C: 17.96mg (21.77%), Zinc: 3.07mg (20.44%), Vitamin B6: 0.32mg (16.14%), Selenium: 11.17µg (15.95%), Vitamin E: 1.65mg (10.97%), Vitamin B2: 0.15mg (8.82%), Vitamin B5: 0.72mg (7.21%), Vitamin B3: 0.97mg (4.86%)