



WHATSheATE



Spinach and Chick Peas with Bacon



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



310 kcal

SIDE DISH

Ingredients

- ☐ 6 ounce baby spinach
- ☐ 15 ounce garbanzo beans rinsed canned
- ☐ 1 garlic clove minced
- ☐ 3 tablespoons olive oil extra virgin extra-virgin
- ☐ 0.3 teaspoon pepper dried red hot
- ☐ 3 slices bacon thick-cut

Equipment

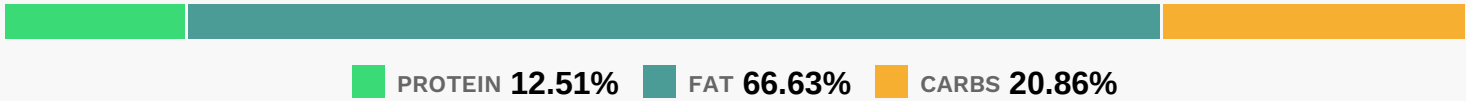
- ☐ frying pan

☐ pot

Directions

- ☐ Bring a 3-quart pot three fourths full of water to a boil.
- ☐ Add bacon and cook 2 minutes.
- ☐ Drain bacon and rinse in cold water. Pat dry and cut crosswise into 1/4-inch pieces.
- ☐ Cook bacon in a 12-inch heavy skillet over moderate heat, stirring, until browned. Leaving bacon in skillet, spoon off all but 1 tablespoon fat.
- ☐ Add 2 tablespoons oil, chickpeas, and red pepper flakes to skillet and saut) over high heat, stirring occasionally, until chickpeas begin to brown, 3 to 4 minutes. Stir in spinach and garlic and sauté, stirring, until spinach is wilted. Season with salt and pepper and drizzle with remaining tablespoon oil.

Nutrition Facts



Properties

Glycemic Index:25.58, Glycemic Load:4.16, Inflammation Score:-10, Nutrition Score:21.345217549283%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg Kaempferol: 2.71mg, Kaempferol: 2.71mg, Kaempferol: 2.71mg, Kaempferol: 2.71mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 1.7mg, Quercetin: 1.7mg, Quercetin: 1.7mg, Quercetin: 1.7mg

Nutrients (% of daily need)

Calories: 310.21kcal (15.51%), Fat: 23.48g (36.12%), Saturated Fat: 5.29g (33.04%), Carbohydrates: 16.54g (5.51%), Net Carbohydrates: 10.87g (3.95%), Sugar: 0.2g (0.22%), Cholesterol: 17.82mg (5.94%), Sodium: 510.27mg (22.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.92g (19.84%), Vitamin K: 211.86µg (201.77%), Vitamin A: 4050.57IU (81.01%), Manganese: 1.27mg (63.43%), Vitamin B6: 0.67mg (33.48%), Folate: 109.13µg (27.28%), Fiber: 5.67g (22.69%), Vitamin E: 2.54mg (16.93%), Magnesium: 65.91mg (16.48%), Vitamin C: 12.29mg (14.9%), Iron: 2.66mg (14.8%), Phosphorus: 146.29mg (14.63%), Potassium: 449.38mg (12.84%), Copper: 0.23mg (11.64%), Selenium: 8.11µg (11.59%), Vitamin B1: 0.14mg (9.57%), Zinc: 1.29mg (8.61%), Calcium: 82.53mg (8.25%), Vitamin B3: 1.55mg (7.76%), Vitamin B2: 0.12mg (7.07%), Vitamin B5: 0.5mg (5.01%), Vitamin B12: 0.14µg (2.25%)