



HEALTH SCORE

53%

Stewy White Beans



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



152 kcal

SIDE DISH

Ingredients

- ☐ 1 bay leaf
- ☐ 0.5 teaspoon pepper black
- ☐ 28 ounce canned tomatoes diced whole undrained canned
- ☐ 15 ounce beans white drained canned
- ☐ 2 cloves garlic finely chopped
- ☐ 1 juice of lemon
- ☐ 1 pound kale sliced into 1-inch strips
- ☐ 1.5 teaspoons kosher salt

- ☐ 2 teaspoons brown sugar light
- ☐ 2 tablespoons olive oil
- ☐ 0.3 teaspoon pepper flakes red
- ☐ 2 small shallots finely chopped
- ☐ 14.5 ounce vegetable broth canned

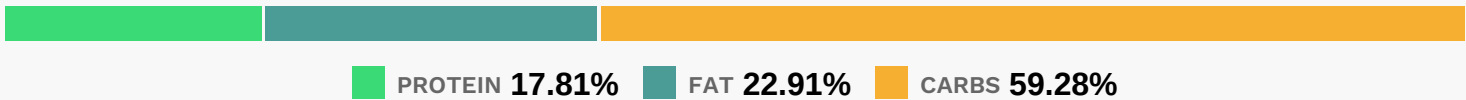
Equipment

- ☐ pot

Directions

- ☐ Heat the oil in a large pot over medium-low heat.
- ☐ Add the shallots and cook for 4 minutes.
- ☐ Add the garlic and greens and cook, stirring frequently, until the greens begin to wilt, 3 to 5 minutes.
- ☐ Add 1 tablespoon of the lemon juice, the brown sugar, bay leaf, red pepper, broth, and tomatoes and their juices. Bring to a boil. Reduce heat and simmer gently until the greens are tender, about 15 minutes.
- ☐ Add the beans and cook for 5 minutes.
- ☐ Remove and discard the bay leaf. Season with the salt, black pepper, and (if desired) the remaining lemon juice.

Nutrition Facts



Properties

Glycemic Index:29.75, Glycemic Load:5.64, Inflammation Score:-9, Nutrition Score:19.963478243869%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Isorhamnetin: 9.19mg, Isorhamnetin: 9.19mg, Isorhamnetin: 9.19mg, Isorhamnetin: 9.19mg Kaempferol: 21.72mg, Kaempferol: 21.72mg, Kaempferol: 21.72mg, Kaempferol: 21.72mg Myricetin: 0.01mg,

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.02mg, Quercetin: 5.02mg, Quercetin: 5.02mg, Quercetin: 5.02mg

Nutrients (% of daily need)

Calories: 151.94kcal (7.6%), Fat: 4.2g (6.47%), Saturated Fat: 0.58g (3.6%), Carbohydrates: 24.47g (8.16%), Net Carbohydrates: 17.93g (6.52%), Sugar: 7.27g (8.08%), Cholesterol: 0mg (0%), Sodium: 788.85mg (34.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.35g (14.7%), Vitamin K: 155.52µg (148.12%), Vitamin C: 51.01mg (61.83%), Vitamin A: 2057.89IU (41.16%), Fiber: 6.53g (26.14%), Manganese: 0.51mg (25.32%), Potassium: 781.92mg (22.34%), Vitamin E: 3.34mg (22.25%), Iron: 3.96mg (21.99%), Copper: 0.41mg (20.5%), Magnesium: 67.25mg (16.81%), Vitamin B6: 0.33mg (16.28%), Calcium: 143.64mg (14.36%), Folate: 57.22µg (14.31%), Phosphorus: 118.64mg (11.86%), Vitamin B1: 0.18mg (11.82%), Vitamin B3: 1.76mg (8.79%), Vitamin B2: 0.14mg (8.07%), Zinc: 1.05mg (6.98%), Vitamin B5: 0.52mg (5.24%), Selenium: 2.17µg (3.11%)