

# White Bean And Kale Sauté

Prep Time 10 mins  
 Total Time 15 mins  
 Meal Type Side  
 Contributed By



Source From [Living Plate](#)

Servings 4



## Ingredients

lb,c g,ml

- 1 Tbs olive oil
- 6 cup kale, *spines removed and chopped*
- 1/2 cup white beans, canned, *drained and rinsed*
- 2 Tbs pine nuts
- salt, *to taste*
- black pepper, *to taste*

## Directions

### Prep

1. Remove spines from kale and chop.
2. Drain and rinse cannellini beans.

### Make

1. Sauté olive oil in a large saute pan over medium heat.
2. Add kale and saute until wilted and tender.
3. Add cannellini beans and pine nuts, and cook until beans are warmed.
4. Season with salt and pepper.

Source: Nutrient data for this listing was provided by USDA Food Composition Database. Each "-" indicates a missing or incomplete value.

Nutrition information for recipes is calculated by retrieving and compiling individual food data from the USDA database. Factors such as brand selection, size of produce, and preparation can change nutrition information in any recipe. We offer this information as an estimate only.

Nutrition Facts		Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
<b>Calories</b> per serving	<b>107</b>	<b>Total Fat</b> 6.8g	10%	<b>Total Carbohydrates</b> 9g	2%
		Saturated Fat 0.7g	3%	Dietary Fiber 3g	12%
		Trans Fat 0.0g		Total Sugars 1g	
		Cholesterol 0mg	0%	<b>Protein</b> 4g	
		Sodium 128mg	5%		
Vitamin D 0mcg 0% · Calcium 105mg 10% · Iron 2mg 9% · Potassium 284mg 6%					

\* The percent Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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