

# Classic Italian Greens and Beans (video)

Yield: 4 min  
Total Time: 25 min

Recipe from: <https://www.recipeschoose.com/recipes/traditional-italian-greens-and-beans-recipe>

## Ingredients:

- 2 tablespoons olive oil
- 2 cloves garlic
- 1 teaspoon crushed red pepper flakes depending on how much spice you like!
- 1 can cannellini beans drained and rinsed
- 1 bunch greens torn
- 1 1/2 cups chicken broth
- 1 teaspoon salt
- 1 teaspoon pepper
- 2 tablespoons Parmesan cheese plus more for serving

## Nutrition:

1. Calories: 180 calories
2. Carbohydrate: 20 grams
3. Cholesterol: 5 milligrams
4. Fat: 10 grams
5. Fiber: 1 grams
6. Protein: 12 grams
7. SaturatedFat: 1.5 grams
8. Sodium: 790 milligrams
9. Sugar: 1 grams

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