

# Italian Greens and Beans

Yield: 4 min  
Total Time: 90 min

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

## Ingredients:

- 2 ounces prosciutto diced, can substitute bacon, optional
- 2 casings sweet Italian sausages, removed
- 1 onion large fine diced
- 3 cloves garlic chopped
- 1 cup white wine optional
- 1 bunch escarole rinsed and chopped
- 1 bunch collard greens rinsed and chopped
- salt
- pepper
- 1 dash crushed red pepper flakes to taste
- 2 cups chicken broth
- 1 can white cannellini beans

## Nutrition:

1. Calories: 270 calories
2. Carbohydrate: 36 grams
3. Cholesterol: 10 milligrams
4. Fat: 2.5 grams
5. Fiber: 13 grams
6. Protein: 17 grams
7. Sodium: 960 milligrams
8. Sugar: 2 grams

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