



Caldo Verde



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



282 kcal

SIDE DISH

Ingredients

- ☐ 15 oz .5 can cannellini beans white rinsed drained canned (beans)
- ☐ 2.5 quarts chicken broth
- ☐ 1 cinnamon sticks (3 in. long)
- ☐ 1 pound collard greens
- ☐ 1 bay leaves dried
- ☐ 2 cloves garlic minced pressed
- ☐ 8 oz onion chopped
- ☐ 2 pounds baking potatoes

- ☐ 10 servings salt and pepper
- ☐ 2 teaspoons allspice whole
- ☐ 1 pound sausage (Portuguese sausages)

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ ladle
- ☐ slotted spoon
- ☐ cheesecloth

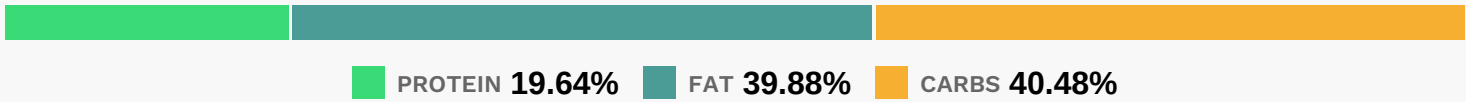
Directions

- ☐ Cut sausages into 1/4-inch-thick slices.
- ☐ In a 6- to 8-quart pan over medium-high heat, stir sausages often until lightly browned, about 10 minutes. With a slotted spoon, transfer sausages to paper towels to drain. Discard all but 1 teaspoon fat from pan.
- ☐ Add onion and garlic to pan. Stir often over medium-high heat until onion is limp, about 5 minutes.
- ☐ Add broth to pan. Tie cinnamon stick, bay leaf, and allspice in cheesecloth and add to broth. Cover and bring to a boil over high heat.
- ☐ Meanwhile, peel potatoes and cut into 1/2-inch cubes.
- ☐ Cut out and discard tough parts of collard stems. Rinse leaves well, drain, and stack.
- ☐ Cut stack in half lengthwise, then cut crosswise into thin strips.
- ☐ Add collard greens, potatoes, and beans to broth; cover and bring to a boil.
- ☐ Simmer, covered, over low heat for 20 minutes.
- ☐ Add sausages and continue simmering, covered, until potatoes are tender when pierced, 5 to 10 minutes longer.
- ☐ Remove and discard wrapped spices.
- ☐ Ladle soup into bowls.

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Add salt and pepper to taste.

Nutrition Facts



Properties

Glycemic Index:18.98, Glycemic Load:13.5, Inflammation Score:-9, Nutrition Score:20.166086984717%

Flavonoids

Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 1.14mg, Isorhamnetin: 1.14mg, Isorhamnetin: 1.14mg, Isorhamnetin: 1.14mg Kaempferol: 4.11mg, Kaempferol: 4.11mg, Kaempferol: 4.11mg, Kaempferol: 4.11mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 5.78mg, Quercetin: 5.78mg, Quercetin: 5.78mg, Quercetin: 5.78mg

Nutrients (% of daily need)

Calories: 282.34kcal (14.12%), Fat: 13g (19.99%), Saturated Fat: 4.11g (25.66%), Carbohydrates: 29.69g (9.9%), Net Carbohydrates: 23.86g (8.67%), Sugar: 2.76g (3.07%), Cholesterol: 37.39mg (12.46%), Sodium: 1465.5mg (63.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.41g (28.81%), Vitamin K: 200.24µg (190.71%), Vitamin A: 2323.72IU (46.47%), Manganese: 0.68mg (34.14%), Vitamin C: 23.77mg (28.81%), Vitamin B6: 0.56mg (28.2%), Fiber: 5.83g (23.32%), Vitamin B3: 3.99mg (19.95%), Potassium: 677.4mg (19.35%), Folate: 76.39µg (19.1%), Vitamin B1: 0.29mg (19.07%), Calcium: 172.62mg (17.26%), Vitamin B2: 0.29mg (17.14%), Iron: 2.74mg (15.24%), Phosphorus: 140.78mg (14.08%), Magnesium: 45.8mg (11.45%), Zinc: 1.57mg (10.47%), Copper: 0.2mg (9.86%), Vitamin E: 1.23mg (8.19%), Vitamin B5: 0.75mg (7.53%), Vitamin B12: 0.43µg (7.21%), Vitamin D: 0.59µg (3.93%), Selenium: 2.14µg (3.05%)