



Quick Collard Greens and Beans Risotto

READY IN



50 min.

SERVINGS



8

CALORIES



204 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.3 teaspoon pepper black freshly ground
- 3.5 oz success brown rice
- 15.5 oz .5 can cannellini beans rinsed drained canned
- 1 tablespoon enova oil
- 3 cups chicken broth
- 16 oz collard greens fresh chopped
- 2 tablespoons flour all-purpose
- 3 large garlic cloves minced
- 1 cup onion chopped (1 large)

- 0.8 cup parmesan cheese divided grated
- 0.3 cup garnish: parsley fresh chopped
- 0.5 teaspoon pepper dried red crushed
- 0.5 teaspoon salt
- 1 tablespoon salt
- 4 qt water

Equipment

- paper towels
- whisk
- dutch oven
- colander

Directions

- Bring 4 qt. water to a boil in a large Dutch oven.
- Add 1 Tbsp. salt, and stir until dissolved.
- Add collard greens to Dutch oven, and cook 2 minutes or until wilted.
- Drain greens in colander; rinse with cold water.
- Drain and pat dry with paper towels. Set aside.
- Saut onion and garlic in hot oil in Dutch oven over medium heat 3 to 4 minutes or until tender.
- Whisk together chicken broth and flour; add to Dutch oven, and bring to a boil.
- Add cannellini beans, 1/2 tsp. salt, pepper, and collard greens. Simmer, uncovered, 5 minutes. Reduce heat to low, and stir in rice and red pepper. Simmer, stirring frequently, 10 minutes or until greens and rice are tender.
- Remove from heat, and stir in 1/2 cup Parmesan cheese.
- Sprinkle each serving with remaining 1/4 cup cheese, and garnish, if desired.
- Serve immediately.

Nutrition Facts



■ PROTEIN 20.08% ■ FAT 23.49% ■ CARBS 56.43%

Properties

Glycemic Index:35.72, Glycemic Load:9.67, Inflammation Score:-10, Nutrition Score:21.774347929851%

Flavonoids

Apigenin: 4.04mg, Apigenin: 4.04mg, Apigenin: 4.04mg, Apigenin: 4.04mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 5.12mg, Kaempferol: 5.12mg, Kaempferol: 5.12mg, Kaempferol: 5.12mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 5.54mg, Quercetin: 5.54mg, Quercetin: 5.54mg, Quercetin: 5.54mg

Nutrients (% of daily need)

Calories: 203.57kcal (10.18%), Fat: 5.48g (8.43%), Saturated Fat: 1.75g (10.95%), Carbohydrates: 29.61g (9.87%), Net Carbohydrates: 23.75g (8.63%), Sugar: 1.7g (1.88%), Cholesterol: 9.92mg (3.31%), Sodium: 1549.09mg (67.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.53g (21.07%), Vitamin K: 281.86µg (268.44%), Vitamin A: 3124.44IU (62.49%), Manganese: 1.24mg (62.09%), Folate: 122.05µg (30.51%), Vitamin C: 24.34mg (29.5%), Calcium: 287.15mg (28.72%), Fiber: 5.86g (23.45%), Magnesium: 73.9mg (18.48%), Phosphorus: 170.97mg (17.1%), Copper: 0.3mg (15%), Vitamin E: 2.17mg (14.49%), Iron: 2.54mg (14.09%), Potassium: 486.07mg (13.89%), Vitamin B6: 0.25mg (12.44%), Vitamin B1: 0.18mg (12.25%), Vitamin B2: 0.2mg (11.93%), Zinc: 1.59mg (10.59%), Selenium: 6.18µg (8.83%), Vitamin B3: 1.4mg (6.99%), Vitamin B5: 0.53mg (5.26%), Vitamin B12: 0.14µg (2.4%)