



 **58%**
HEALTH SCORE

Baby Swiss Chard With Bacon, Pine Nuts and Raisins

 **Gluten Free**  **Dairy Free**

READY IN



20 min.

SERVINGS



4

CALORIES



323 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 3 slices bacon diced
- 4 tablespoons sherry dry
- 2 tablespoons garlic finely chopped
- 2 tablespoons golden raisins
- 4 servings pepper black freshly ground to taste
- 3 tablespoons olive oil divided
- 2 tablespoons pinenuts

- 4 lbs swiss chard fresh coarsely chopped (stems should be small and delicate)

Equipment

- bowl
- frying pan
- paper towels
- sauce pan
- slotted spoon

Directions

- In a small sauce pan heat the sherry until just simmering, add the raisins and remove from heat.
- Let soak for 20 minutes, until raisins are nice and plump. In a medium skillet, cook the bacon until crisp.
- Remove from skillet with a slotted spoon and drain on paper towels. Toast the pine nuts in the bacon fat until golden brown.
- Remove from skillet with slotted spoon and add to bacon on paper towel.
- Heat 1 ½ tablespoons olive oil in large skillet over medium heat.
- Add 1 tablespoon of the garlic, and gently sauté for 30 seconds, just to soften. Reduce heat to medium-low and add ¼ of the chard to the skillet, season lightly with salt and cook for 3 to 5 minutes to wilt.
- Add another ¼ of the chard to the skillet and continue to cook until all of the chard is wilted and tender, about 10 to 15 minutes.
- Remove the chard from the skillet to a bowl and cook the rest of the chard as above. If you have two large skillets you can do both batches at the same time. When all of the chard is cooked, return it to the skillet and add raisins, pine nuts and bacon. Cook over medium heat until warmed through and the raisins, pine nuts and bacon are evenly distributed in the chard. Season with more salt if needed and black pepper to taste.
- Serve.

Nutrition Facts



■ PROTEIN 13.44% ■ FAT 56.56% ■ CARBS 30%

Properties

Glycemic Index:41.42, Glycemic Load:6.76, Inflammation Score:-10, Nutrition Score:40.913912951946%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 6.92mg, Catechin: 6.92mg, Catechin: 6.92mg, Catechin: 6.92mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 26.52mg, Kaempferol: 26.52mg, Kaempferol: 26.52mg, Kaempferol: 26.52mg Myricetin: 14.13mg, Myricetin: 14.13mg, Myricetin: 14.13mg, Myricetin: 14.13mg Quercetin: 10.23mg, Quercetin: 10.23mg, Quercetin: 10.23mg, Quercetin: 10.23mg

Nutrients (% of daily need)

Calories: 322.62kcal (16.13%), Fat: 21.43g (32.98%), Saturated Fat: 4.04g (25.25%), Carbohydrates: 25.57g (8.52%), Net Carbohydrates: 17.72g (6.44%), Sugar: 9.79g (10.88%), Cholesterol: 10.89mg (3.63%), Sodium: 1078.04mg (46.87%), Alcohol: 1.54g (100%), Protein: 11.46g (22.92%), Vitamin K: 3774.39µg (3594.65%), Vitamin A: 27750.17IU (555%), Vitamin C: 137.61mg (166.79%), Manganese: 2.22mg (111.12%), Magnesium: 387.24mg (96.81%), Vitamin E: 10.64mg (70.9%), Potassium: 1865.71mg (53.31%), Iron: 8.82mg (49%), Copper: 0.93mg (46.3%), Fiber: 7.85g (31.41%), Vitamin B6: 0.58mg (28.96%), Phosphorus: 278.77mg (27.88%), Vitamin B2: 0.45mg (26.71%), Calcium: 246.07mg (24.61%), Vitamin B1: 0.25mg (16.98%), Folate: 65.71µg (16.43%), Zinc: 2.24mg (14.93%), Vitamin B3: 2.83mg (14.14%), Selenium: 8.07µg (11.53%), Vitamin B5: 0.93mg (9.3%), Vitamin B12: 0.08µg (1.38%)