



Bacon and Onion Swiss Chard



Gluten Free



Dairy Free

READY IN



28 min.

SERVINGS



4

CALORIES



95 kcal

SIDE DISH

Ingredients

- ☐ 3 slices bacon diced
- ☐ 2 teaspoons balsamic vinegar
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 0.3 cup less-sodium chicken broth fat-free
- ☐ 2 garlic cloves minced
- ☐ 0.3 teaspoon salt
- ☐ 0.8 pound swiss chard trimmed
- ☐ 0.3 cup vidalia sweet chopped

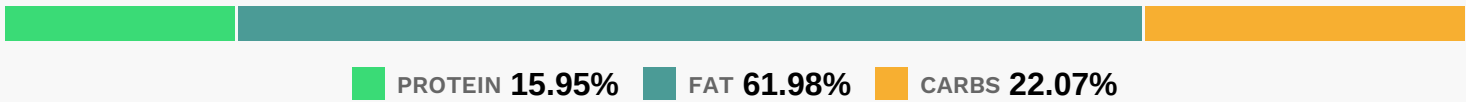
Equipment

☐ frying pan

Directions

- ☐ Thinly slice chard; coarsely chop leaves. Toss together; set aside.
- ☐ Cook bacon in a large nonstick skillet over medium-high heat for 3 minutes.
- ☐ Add garlic and onion; cook 2 minutes or until tender, stirring frequently.
- ☐ Add 1/2 of chard and all of broth to pan. Cover, reduce heat, and simmer 2 minutes or until chard wilts. Repeat procedure with remaining chard.
- ☐ Simmer, uncovered, 5 minutes or until chard is tender, stirring occasionally. Stir in vinegar, salt, and pepper. Cook until thoroughly heated.

Nutrition Facts



Properties

Glycemic Index:36, Glycemic Load:0.95, Inflammation Score:-10, Nutrition Score:16.206087000992%

Flavonoids

Catechin: 1.28mg, Catechin: 1.28mg, Catechin: 1.28mg, Catechin: 1.28mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg
Kaempferol: 5.09mg, Kaempferol: 5.09mg, Kaempferol: 5.09mg, Kaempferol: 5.09mg Myricetin: 2.81mg, Myricetin: 2.81mg, Myricetin: 2.81mg, Myricetin: 2.81mg Quercetin: 3.83mg, Quercetin: 3.83mg, Quercetin: 3.83mg, Quercetin: 3.83mg

Nutrients (% of daily need)

Calories: 94.55kcal (4.73%), Fat: 6.77g (10.41%), Saturated Fat: 2.22g (13.89%), Carbohydrates: 5.42g (1.81%), Net Carbohydrates: 3.88g (1.41%), Sugar: 2.02g (2.24%), Cholesterol: 10.89mg (3.63%), Sodium: 495.67mg (21.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.92g (7.83%), Vitamin K: 706.17µg (672.55%), Vitamin A: 5208.63IU (104.17%), Vitamin C: 26.62mg (32.27%), Manganese: 0.37mg (18.47%), Magnesium: 73.1mg (18.28%), Vitamin E: 1.68mg (11.22%), Potassium: 385.63mg (11.02%), Iron: 1.71mg (9.5%), Copper: 0.18mg (8.81%), Vitamin B6: 0.17mg (8.32%), Phosphorus: 71.01mg (7.1%), Selenium: 4.68µg (6.69%), Fiber: 1.54g (6.18%), Vitamin B1: 0.09mg (5.94%), Vitamin B2: 0.1mg (5.73%), Vitamin B3: 1.11mg (5.56%), Calcium: 51.47mg (5.15%), Folate: 15.18µg (3.8%), Zinc: 0.54mg (3.62%), Vitamin B5: 0.28mg (2.79%), Vitamin B12: 0.11µg (1.85%)