



Braised Rainbow Chard with Warm Pancetta Vinaigrette



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



116 kcal

SIDE DISH

Ingredients

- ☐ 2 tablespoons olive oil
- ☐ 4 servings orange-pumpkin seed vinaigrette
- ☐ 4 servings orange-pumpkin seed vinaigrette
- ☐ 1 pinch salt
- ☐ 2 pounds swiss chard such as rainbow or bright lights

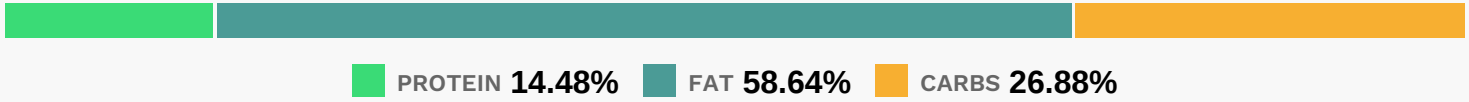
Equipment

- ☐ frying pan

Directions

- ☐ Remove chard stems, and cut into 1/4-inch pieces. Wash and dry leaves; cut into 1-inch strips.
- ☐ Heat oil in a large skillet over medium heat.
- ☐ Add stems, and saut 1 minute.
- ☐ Add leaves and salt, and saut 2 minutes or just until wilted.
- ☐ Remove from heat, and gently toss with either Warm Pancetta Vinaigrette or Orange-Pumpkin Seed Vinaigrette.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:13, Glycemic Load:1.56, Inflammation Score:-10, Nutrition Score:25.221304053846%

Flavonoids

Catechin: 3.4mg, Catechin: 3.4mg, Catechin: 3.4mg, Catechin: 3.4mg 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: 13.15mg, Kaempferol: 13.15mg, Kaempferol: 13.15mg, Kaempferol: 13.15mg Myricetin: 7.03mg, Myricetin: 7.03mg, Myricetin: 7.03mg, Myricetin: 7.03mg Quercetin: 4.99mg, Quercetin: 4.99mg, Quercetin: 4.99mg, Quercetin: 4.99mg

Nutrients (% of daily need)

Calories: 116.15kcal (5.81%), Fat: 8.43g (12.98%), Saturated Fat: 1.21g (7.55%), Carbohydrates: 8.7g (2.9%), Net Carbohydrates: 4.95g (1.8%), Sugar: 2.52g (2.8%), Cholesterol: 0mg (0%), Sodium: 493.05mg (21.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.69g (9.37%), Vitamin K: 1886.77µg (1796.92%), Vitamin A: 13871.17IU (277.42%), Vitamin C: 68.08mg (82.52%), Magnesium: 195.55mg (48.89%), Manganese: 0.92mg (46.05%), Vitamin E: 5.34mg (35.59%), Potassium: 875.81mg (25.02%), Iron: 4.3mg (23.88%), Copper: 0.43mg (21.64%), Fiber: 3.75g (14.99%), Phosphorus: 128.99mg (12.9%), Vitamin B2: 0.21mg (12.19%), Calcium: 116.66mg (11.67%), Vitamin B6: 0.23mg (11.37%), Folate: 32.91µg (8.23%), Zinc: 0.97mg (6.48%), Vitamin B1: 0.1mg (6.41%), Vitamin B3: 1.01mg (5.03%), Vitamin B5: 0.41mg (4.05%), Selenium: 2.23µg (3.18%)