



Braised Swiss Chard with Currants and Feta



Vegetarian



Gluten Free

READY IN



20 min.

SERVINGS



4

CALORIES



151 kcal

SIDE DISH

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 3 tablespoons currants dried
- ☐ 0.3 cup feta cheese crumbled
- ☐ 1 large garlic clove finely chopped
- ☐ 2 tablespoons olive oil
- ☐ 0.5 teaspoon salt
- ☐ 1 pound swiss chard
- ☐ 0.3 cup water

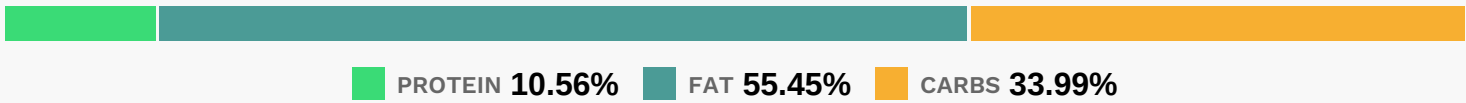
Equipment

☐ pot

Directions

- ☐ Cut stems and center ribs from chard, discarding any tough parts near base, then cut stems and ribs crosswise into 3/4-inch-thick slices. Coarsely chop leaves.
- ☐ Cook garlic in oil in a 4-quart heavy pot over moderately low heat, stirring occasionally, until pale golden, 1 to 2 minutes.
- ☐ Add chard stems and ribs, salt, and pepper and cook, stirring occasionally, 4 minutes.
- ☐ Add currants and cook, stirring, until plump, about 1 minute.
- ☐ Add chard leaves and water and increase heat to moderate, then cook, covered, stirring occasionally, until leaves are tender, about 5 minutes.
- ☐ Remove from heat and stir in feta.

Nutrition Facts



Properties

Glycemic Index:36.5, Glycemic Load:3.03, Inflammation Score:-10, Nutrition Score:19.247826124015%

Flavonoids

Catechin: 1.7mg, Catechin: 1.7mg, Catechin: 1.7mg, Catechin: 1.7mg 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: 6.58mg, Kaempferol: 6.58mg, Kaempferol: 6.58mg, Kaempferol: 6.58mg Myricetin: 3.53mg, Myricetin: 3.53mg, Myricetin: 3.53mg, Myricetin: 3.53mg Quercetin: 2.51mg, Quercetin: 2.51mg, Quercetin: 2.51mg, Quercetin: 2.51mg

Nutrients (% of daily need)

Calories: 150.61kcal (7.53%), Fat: 9.95g (15.3%), Saturated Fat: 2.67g (16.72%), Carbohydrates: 13.72g (4.57%), Net Carbohydrates: 11.36g (4.13%), Sugar: 8.26g (9.18%), Cholesterol: 11.13mg (3.71%), Sodium: 680.84mg (29.6%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.26g (8.53%), Vitamin K: 946.23µg (901.17%), Vitamin A: 6997.14IU (139.94%), Vitamin C: 34.78mg (42.16%), Manganese: 0.5mg (25.03%), Magnesium: 98.88mg (24.72%), Vitamin E: 3.19mg (21.25%), Potassium: 529.74mg (15.14%), Iron: 2.4mg (13.34%), Vitamin B2: 0.22mg (13.21%), Calcium: 132.11mg (13.21%), Copper: 0.25mg (12.39%), Phosphorus: 106.77mg (10.68%), Vitamin B6: 0.21mg (10.41%), Fiber: 2.36g (9.43%), Vitamin B1: 0.08mg (5.62%), Zinc: 0.82mg (5.49%), Folate: 21.04µg (5.26%), Selenium: 3.09µg

(4.41%), Vitamin B3: 0.77mg (3.83%), Vitamin B12: 0.21µg (3.52%), Vitamin B5: 0.33mg (3.27%)