




Cook the Book: Cool Chard with Peppery Ricotta

 Vegetarian  Gluten Free

READY IN



15 min.

SERVINGS



8

CALORIES



214 kcal

SIDE DISH

Ingredients

- 6 tablespoons olive oil extra virgin
- 1.5 cups ricotta cheese fresh drained
- 0.5 teaspoon nutmeg freshly grated
- 3 tablespoons pepper black
- 0.3 cup red wine vinegar
- 8 servings salt
- 3 pounds swiss chard white red sliced into ½-inch-wide ribbons

Equipment

- bowl
- mixing bowl
- pot

Directions

- Bring 8 quarts of water to a boil in a large pasta pot. Set up a large ice bath nearby.
- When the water comes to a boil, add 2 tablespoons salt. Drop the chard into the water and cook until tender, 7 to 8 minutes.
- Drain the chard and plunge it into the ice bath. When it has cooled, drain it well.
- Place the chard between two platters and press them together very firmly to release the excess water.
- Place the chard in a large mixing bowl, add the oil and vinegar, and toss. Season lightly with salt, and set in a cool place or in the fridge.
- Mix the ricotta, nutmeg, and black pepper in a bowl until well blended. Set aside.
- When ready to serve, arrange the chard on a wide flat platter and spoon 10 to 12 small dollops of the ricotta around it.
- Serve cool.

Nutrition Facts

 **PROTEIN 15.23%**  **FAT 68.19%**  **CARBS 16.58%**

Properties

Glycemic Index:20.13, Glycemic Load:1.85, Inflammation Score:-10, Nutrition Score:23.952173932739%

Flavonoids

Catechin: 2.55mg, Catechin: 2.55mg, Catechin: 2.55mg, Catechin: 2.55mg 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: 9.87mg, Kaempferol: 9.87mg, Kaempferol: 9.87mg, Kaempferol: 9.87mg Myricetin: 5.27mg, Myricetin: 5.27mg, Myricetin: 5.27mg, Myricetin: 5.27mg Quercetin: 3.74mg, Quercetin: 3.74mg, Quercetin: 3.74mg, Quercetin: 3.74mg

Nutrients (% of daily need)

Calories: 213.77kcal (10.69%), Fat: 16.99g (26.15%), Saturated Fat: 5.42g (33.88%), Carbohydrates: 9.3g (3.1%), Net Carbohydrates: 5.98g (2.17%), Sugar: 2.05g (2.27%), Cholesterol: 23.72mg (7.91%), Sodium: 596.43mg (25.93%), Alcohol: 0g (100%), Protein: 8.54g (17.08%), Vitamin K: 1422.32µg (1354.59%), Vitamin A: 10622.5IU (212.45%), Vitamin C: 51.07mg (61.9%), Manganese: 0.92mg (45.99%), Magnesium: 147.27mg (36.82%), Vitamin E: 4.8mg (32.01%), Potassium: 726.89mg (20.77%), Iron: 3.55mg (19.75%), Calcium: 193.88mg (19.39%), Copper: 0.35mg (17.32%), Phosphorus: 156.13mg (15.61%), Vitamin B2: 0.25mg (14.58%), Fiber: 3.32g (13.27%), Selenium: 8.39µg (11.98%), Vitamin B6: 0.2mg (9.76%), Zinc: 1.18mg (7.89%), Folate: 29.87µg (7.47%), Vitamin B1: 0.08mg (5.13%), Vitamin B5: 0.42mg (4.23%), Vitamin B3: 0.76mg (3.78%), Vitamin B12: 0.16µg (2.63%)