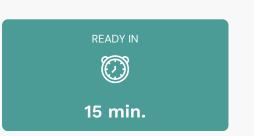
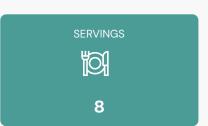


Cook the Book: Cool Chard with Peppery Ricotta







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	
Diı	rections	
	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, Luteolin: 0.01mg, Luteolin: 0.01mg, Kaempferol: 9.87mg, Kaempferol: 9.87mg, Kaempferol: 9.87mg, Myricetin: 5.27mg, Myricetin: 5.27mg, Myricetin: 5.27mg, Myricetin: 3.74mg, 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: Og (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%)