



Creamed Swiss Chard

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



162 kcal

SIDE DISH

Ingredients

- 2 tablespoons water
- 4 bunches swiss chard cut into 1-inch strips
- 0.3 cup butter unsalted ()
- 0.3 cup flour all-purpose
- 1.5 cups milk whole
- 0.3 teaspoon nutmeg
- 1 serving coarse mustard

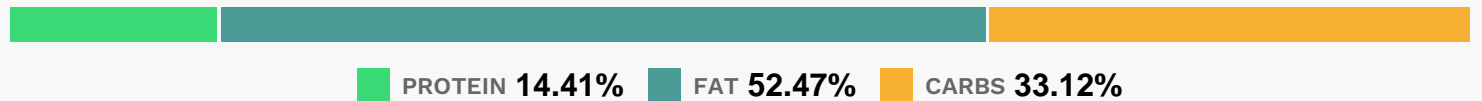
Equipment

- whisk
- pot
- colander

Directions

- In a large pot, bring water to a boil over medium-high. Gradually add chard and cook until it is just wilted, 2 to 3 minutes.
- Transfer to a colander to drain, pressing out as much liquid as possible.
- In pot, melt butter.
- Whisking constantly, add flour and cook 1 minute.
- Whisking constantly, slowly add milk. Cook, whisking along bottom of pot, until mixture comes to a boil and thickens, 2 to 3 minutes.
- Add chard and stir until coated. Stir in nutmeg and season with salt and pepper.

Nutrition Facts



Properties

Glycemic Index:41.17, Glycemic Load:5.35, Inflammation Score:-10, Nutrition Score:25.221739478733%

Flavonoids

Catechin: 3mg, Catechin: 3mg, Catechin: 3mg, Catechin: 3mg Kaempferol: 11.6mg, Kaempferol: 11.6mg, Kaempferol: 11.6mg, Kaempferol: 11.6mg Myricetin: 6.2mg, Myricetin: 6.2mg, Myricetin: 6.2mg, Myricetin: 6.2mg Quercetin: 4.4mg, Quercetin: 4.4mg, Quercetin: 4.4mg, Quercetin: 4.4mg

Nutrients (% of daily need)

Calories: 162.32kcal (8.12%), Fat: 10.13g (15.59%), Saturated Fat: 6.08g (38.03%), Carbohydrates: 14.39g (4.8%), Net Carbohydrates: 11g (4%), Sugar: 5.19g (5.77%), Cholesterol: 27.66mg (9.22%), Sodium: 459.75mg (19.99%), Alcohol: 0g (100%), Protein: 6.26g (12.52%), Vitamin K: 1660.87µg (1581.78%), Vitamin A: 12567.86IU (251.36%), Vitamin C: 60.01mg (72.73%), Magnesium: 171.26mg (42.81%), Manganese: 0.78mg (38.81%), Vitamin E: 4.04mg (26.91%), Potassium: 858.88mg (24.54%), Iron: 3.86mg (21.44%), Copper: 0.37mg (18.49%), Calcium: 180.91mg (18.09%), Vitamin B2: 0.29mg (17.28%), Phosphorus: 162.58mg (16.26%), Fiber: 3.39g (13.58%), Vitamin B6: 0.24mg (11.92%), Vitamin B1: 0.16mg (10.49%), Folate: 37.94µg (9.48%), Selenium: 5.1µg (7.29%), Zinc: 1.02mg (6.82%), Vitamin B5: 0.61mg (6.07%), Vitamin B3: 1.18mg (5.91%), Vitamin B12: 0.35µg (5.76%), Vitamin D: 0.81µg (5.42%)