



Creamy Swiss Chard with Coconut



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



108 kcal

SIDE DISH

Ingredients

- ☐ 4 servings coarse salt as needed for seasoning ()
- ☐ 2 tablespoon ginger fresh grated peeled
- ☐ 2 clove garlic minced peeled (and)
- ☐ 0.5 cup coconut milk light
- ☐ 2 tablespoon olive oil extra-virgin
- ☐ 12 cups swiss chard packed (3 to 4 bunches)
- ☐ 2 tablespoon water

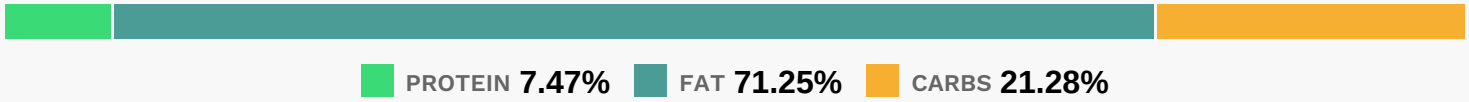
Equipment

☐ pot

Directions

- ☐ Heat oil in a large pot over medium heat.
- ☐ Add onion, garlic, ginger, and chile and cook until tender and fragrant, 6 to 8 minutes.
- ☐ Add chard leaves, coconut milk, and water. Cover and cook, stirring occasionally, until chard is tender, 4 to 5 minutes. Season with salt.

Nutrition Facts



Properties

Glycemic Index:19.25, Glycemic Load:0.96, Inflammation Score:-10, Nutrition Score:16.741304376851%

Flavonoids

Catechin: 1.62mg, Catechin: 1.62mg, Catechin: 1.62mg, Catechin: 1.62mg 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: 6.27mg, Kaempferol: 6.27mg, Kaempferol: 6.27mg, Kaempferol: 6.27mg Myricetin: 3.37mg, Myricetin: 3.37mg, Myricetin: 3.37mg, Myricetin: 3.37mg Quercetin: 2.4mg, Quercetin: 2.4mg, Quercetin: 2.4mg, Quercetin: 2.4mg

Nutrients (% of daily need)

Calories: 108.27kcal (5.41%), Fat: 8.91g (13.71%), Saturated Fat: 2.67g (16.7%), Carbohydrates: 5.99g (2%), Net Carbohydrates: 4.16g (1.51%), Sugar: 1.26g (1.4%), Cholesterol: 0mg (0%), Sodium: 445.89mg (19.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.1g (4.21%), Vitamin K: 900.64µg (857.76%), Vitamin A: 6605.41IU (132.11%), Vitamin C: 33.04mg (40.05%), Magnesium: 89.44mg (22.36%), Manganese: 0.43mg (21.44%), Vitamin E: 3.06mg (20.4%), Potassium: 429.97mg (12.28%), Iron: 2.03mg (11.29%), Copper: 0.21mg (10.35%), Fiber: 1.83g (7.32%), Vitamin B6: 0.13mg (6.56%), Vitamin B2: 0.1mg (5.88%), Calcium: 58.77mg (5.88%), Phosphorus: 53.17mg (5.32%), Folate: 15.55µg (3.89%), Vitamin B1: 0.05mg (3.14%), Zinc: 0.42mg (2.8%), Vitamin B3: 0.47mg (2.34%), Vitamin B5: 0.2mg (2.02%), Selenium: 1.21µg (1.73%)