



Dark Greens with Cranberries

 **Gluten Free**  **Dairy Free**

READY IN

ready

22 min.

SERVINGS

servings

4

CALORIES

calories

305 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 4 slices bacon chopped
- ☐ 1 cup chicken stock see
- ☐ 2 tablespoons garlic chopped
- ☐ 4 servings nutmeg freshly grated
- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 1 onion red thinly sliced
- ☐ 1 cup red wine
- ☐ 4 servings salt and pepper black freshly ground

- ☐ 0.5 cup cranberries dried sweetened
- ☐ 2 medium bundles swiss chard red

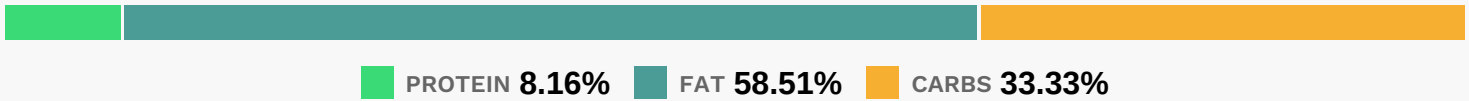
Equipment

- ☐ frying pan

Directions

- ☐ Soak berries in red wine.
- ☐ Heat the extra-virgin olive oil in a large deep skillet over medium-high heat.
- ☐ Add bacon and crisp 3 to 4 minutes.
- ☐ Add onion, garlic and cook 3 to 4 minutes to soften.
- ☐ Add red chard and wilt, 2 to 3 minutes. Season greens with salt, pepper and nutmeg. Stir in cranberries and wine. Cook for 1 minute then add in stock and simmer a few minutes to combine flavors.

Nutrition Facts



Properties

Glycemic Index:51.5, Glycemic Load:1.75, Inflammation Score:-8, Nutrition Score:12.705652182517%

Flavonoids

Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg Petunidin: 1.19mg, Petunidin: 1.19mg, Petunidin: 1.19mg, Petunidin: 1.19mg Delphinidin: 1.22mg, Delphinidin: 1.22mg, Delphinidin: 1.22mg, Delphinidin: 1.22mg Malvidin: 8.3mg, Malvidin: 8.3mg, Malvidin: 8.3mg, Malvidin: 8.3mg Peonidin: 0.75mg, Peonidin: 0.75mg, Peonidin: 0.75mg, Peonidin: 0.75mg Catechin: 4.64mg, Catechin: 4.64mg, Catechin: 4.64mg, Catechin: 4.64mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg Epicatechin: 2.27mg, Epicatechin: 2.27mg, Epicatechin: 2.27mg, Epicatechin: 2.27mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Hesperetin: 0.38mg, Hesperetin: 0.38mg, Hesperetin: 0.38mg, Hesperetin: 0.38mg Naringenin: 1.06mg, Naringenin: 1.06mg, Naringenin: 1.06mg, Naringenin: 1.06mg Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 1.39mg, Isorhamnetin: 1.39mg, Isorhamnetin: 1.39mg, Isorhamnetin: 1.39mg Kaempferol: 1.64mg, Kaempferol: 1.64mg, Kaempferol: 1.64mg, Kaempferol: 1.64mg Myricetin: 1.43mg, Myricetin: 1.43mg, Myricetin: 1.43mg, Myricetin: 1.43mg Quercetin: 7.49mg, Quercetin: 7.49mg, Quercetin: 7.49mg, Quercetin: 7.49mg

Quercetin: 7.49mg, Quercetin: 7.49mg Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg

Nutrients (% of daily need)

Calories: 305.16kcal (15.26%), Fat: 17.44g (26.83%), Saturated Fat: 4.64g (29%), Carbohydrates: 22.35g (7.45%), Net Carbohydrates: 20.17g (7.33%), Sugar: 14.36g (15.96%), Cholesterol: 16.32mg (5.44%), Sodium: 287.98mg (12.52%), Alcohol: 6.36g (100%), Alcohol %: 3.64% (100%), Protein: 5.47g (10.94%), Vitamin K: 205.27µg (195.49%), Vitamin A: 1482.48IU (29.65%), Manganese: 0.38mg (19.14%), Vitamin C: 10.69mg (12.96%), Vitamin E: 1.9mg (12.68%), Vitamin B6: 0.24mg (12.25%), Vitamin B3: 2.23mg (11.17%), Magnesium: 39.87mg (9.97%), Potassium: 345.73mg (9.88%), Selenium: 6.91µg (9.87%), Phosphorus: 92.45mg (9.24%), Fiber: 2.18g (8.72%), Vitamin B1: 0.12mg (8.26%), Vitamin B2: 0.13mg (7.44%), Copper: 0.15mg (7.27%), Iron: 1.22mg (6.77%), Zinc: 0.67mg (4.44%), Calcium: 39.06mg (3.91%), Folate: 13.84µg (3.46%), Vitamin B5: 0.27mg (2.73%), Vitamin B12: 0.11µg (1.83%)