



WHATSheATE



HEALTH SCORE

58%

Garlicky Sauteed Swiss Chard



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



81 kcal

SIDE DISH

Ingredients



2 cloves garlic smashed



4 servings kosher salt



2 tablespoons olive oil



1 teaspoon pepper flakes red



1 large bunch swiss chard chopped roughly chopped



4 servings splash red wine vinegar

Equipment

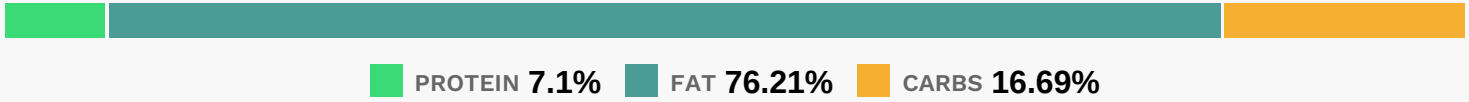


frying pan

Directions

- ☐ Watch how to make this recipe.
- ☐ Add the oil to a large saute pan with the garlic and red pepper flakes. Cook over medium heat until the garlic turns golden.
- ☐ Remove the garlic and discard.
- ☐ Add the chopped Swiss chard ribs and saute until soft, about 4 minutes.
- ☐ Add the Swiss chard leaves and season with salt, to taste. Cook until the leaves are wilted. Stir in a splash of red wine vinegar.
- ☐ Serve immediately.;

Nutrition Facts



Properties

Glycemic Index:15.5, Glycemic Load:0.65, Inflammation Score:-10, Nutrition Score:14.365652224292%

Flavonoids

Catechin: 1.13mg, Catechin: 1.13mg, Catechin: 1.13mg, Catechin: 1.13mg 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: 4.35mg, Kaempferol: 4.35mg, Kaempferol: 4.35mg, Kaempferol: 4.35mg Myricetin: 2.35mg, Myricetin: 2.35mg, Myricetin: 2.35mg, Myricetin: 2.35mg Quercetin: 1.68mg, Quercetin: 1.68mg, Quercetin: 1.68mg, Quercetin: 1.68mg

Nutrients (% of daily need)

Calories: 80.72kcal (4.04%), Fat: 7.23g (11.12%), Saturated Fat: 1g (6.26%), Carbohydrates: 3.56g (1.19%), Net Carbohydrates: 2.16g (0.78%), Sugar: 0.88g (0.97%), Cholesterol: 0mg (0%), Sodium: 362.54mg (15.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.51g (3.03%), Vitamin K: 627.27µg (597.4%), Vitamin A: 4735.38IU (94.71%), Vitamin C: 23mg (27.87%), Vitamin E: 2.62mg (17.45%), Manganese: 0.31mg (15.54%), Magnesium: 62.08mg (15.52%), Potassium: 302.08mg (8.63%), Iron: 1.53mg (8.47%), Copper: 0.14mg (7.22%), Fiber: 1.41g (5.62%), Vitamin B6: 0.1mg (5.17%), Vitamin B2: 0.07mg (4.34%), Calcium: 43.1mg (4.31%), Phosphorus: 38.69mg (3.87%), Folate: 10.69µg (2.67%), Vitamin B1: 0.03mg (2.28%), Zinc: 0.31mg (2.07%), Vitamin B3: 0.37mg (1.84%), Vitamin B5: 0.14mg (1.42%), Selenium: 0.99µg (1.41%)