



WHATSheATE



Golden Raisins and Pine Nuts Swiss Chard



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



99 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup golden raisins
- ☐ 3 tablespoons pinenuts
- ☐ 12 cups swiss chard chopped
- ☐ 0.3 cup water
- ☐ 2 teaspoons citrus champagne vinegar

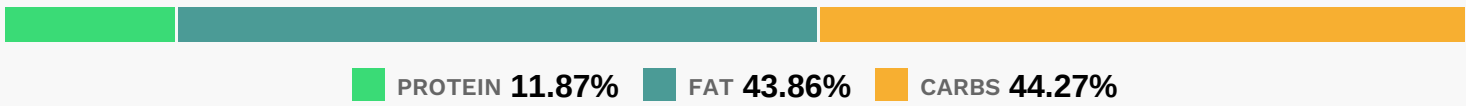
Equipment

- ☐ frying pan

Directions

- ☐ Heat a large nonstick skillet over medium heat.
- ☐ Add pine nuts to pan; cook 3 minutes or until browned, stirring frequently.
- ☐ Remove nuts from pan.
- ☐ Add raisins and water to pan; cook 1 minute.
- ☐ Add Swiss chard; cook 3 minutes or until chard wilts. Stir in vinegar.
- ☐ Sprinkle with pine nuts.

Nutrition Facts



Properties

Glycemic Index:22.17, Glycemic Load:4.62, Inflammation Score:-10, Nutrition Score:19.536521766497%

Flavonoids

Catechin: 1.62mg, Catechin: 1.62mg, Catechin: 1.62mg, Catechin: 1.62mg Kaempferol: 6.51mg, Kaempferol: 6.51mg, Kaempferol: 6.51mg, Kaempferol: 6.51mg Myricetin: 3.35mg, Myricetin: 3.35mg, Myricetin: 3.35mg, Myricetin: 3.35mg Quercetin: 2.59mg, Quercetin: 2.59mg, Quercetin: 2.59mg, Quercetin: 2.59mg

Nutrients (% of daily need)

Calories: 98.84kcal (4.94%), Fat: 5.39g (8.29%), Saturated Fat: 0.41g (2.58%), Carbohydrates: 12.23g (4.08%), Net Carbohydrates: 9.87g (3.59%), Sugar: 6.82g (7.58%), Cholesterol: 0mg (0%), Sodium: 232.22mg (10.1%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 3.28g (6.56%), Vitamin K: 900.76µg (857.87%), Vitamin A: 6607.45IU (132.15%), Manganese: 1.08mg (54.22%), Vitamin C: 32.76mg (39.71%), Magnesium: 109.72mg (27.43%), Vitamin E: 2.75mg (18.35%), Copper: 0.33mg (16.39%), Potassium: 522.68mg (14.93%), Iron: 2.53mg (14.07%), Phosphorus: 103.43mg (10.34%), Fiber: 2.37g (9.47%), Vitamin B2: 0.13mg (7.74%), Vitamin B6: 0.14mg (7.16%), Calcium: 61.68mg (6.17%), Zinc: 0.9mg (6.03%), Vitamin B1: 0.07mg (4.75%), Folate: 17.94µg (4.49%), Vitamin B3: 0.86mg (4.32%), Vitamin B5: 0.22mg (2.22%), Selenium: 1.09µg (1.55%)