



 100%
HEALTH SCORE

Grilled Rainbow Chard with Fava Beans and Oregano

 Vegetarian  Vegan  Gluten Free  Dairy Free  Very Healthy

READY IN



25 min.

SERVINGS



4

CALORIES



140 kcal

SIDE DISH

Ingredients

- 1 cup avarakkai / broad beans fresh shelled () (soybeans; 3/4 pound in pods)
- 1 small garlic clove thinly sliced
- 1 teaspoon juice of lemon fresh
- 1.5 tablespoons olive oil extra virgin extra-virgin divided
- 2 teaspoons oregano chopped
- 2 pounds swiss chard for another use (preferably rainbow) (reserve leaves)

Equipment

- frying pan
- pot
- grill

Directions

- Halve stems crosswise and cook in a large pot of boiling salted water (2 tablespoons salt for 4 quarts water) until just barely tender, 3 to 5 minutes (depending on thickness). Cool in an ice bath, reserving cooking water, then transfer to a plate.
- Halve stems crosswise and cook in a large pot of boiling salted water (2 tablespoons salt for 4 quarts water) until just barely tender, 3 to 5 minutes (depending on thickness). Cool in an ice bath, reserving cooking water, then transfer to a plate. Prepare fava beans: Cook beans in boiling water 3 minutes, then drain and transfer to ice bath. Gently peel off skins (if using edamame, don't peel). Grill stems and assemble dish: Prepare grill for direct-heat cooking over medium-hot charcoal (medium heat for gas); see Grilling Procedure..
- Toss chard stems with 1 tablespoon oil and 1/4 teaspoon each of salt and pepper. Oil grill rack, then grill chard stems, covered only if using a gas grill, turning occasionally, until tender and lightly charred, about 7 minutes.
- Cut into 1-inch lengths.
- Cook garlic in remaining 1/2 tablespoon oil in a medium skillet over medium heat, stirring, until just pale golden.
- Add oregano, beans, and chard and cook, stirring, 1 minute.
- Transfer to a serving dish and stir in lemon juice and salt and pepper to taste.
- Chard can be blanched and beans cooked 1 day ahead and chilled separately.
- Nutrition Data
- See Nutrition Data's analysis of this recipe ›

Nutrition Facts

 PROTEIN 19.29%  FAT 34.49%  CARBS 46.22%

Properties

Glycemic Index:31.25, Glycemic Load:5.15, Inflammation Score:-10, Nutrition Score:27.99869562232%

Flavonoids

Catechin: 3.4mg, Catechin: 3.4mg, Catechin: 3.4mg, Catechin: 3.4mg Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 13.16mg, Kaempferol: 13.16mg, Kaempferol: 13.16mg, Kaempferol: 13.16mg Myricetin: 7.04mg, Myricetin: 7.04mg, Myricetin: 7.04mg, Myricetin: 7.04mg Quercetin: 5.01mg, Quercetin: 5.01mg, Quercetin: 5.01mg, Quercetin: 5.01mg

Nutrients (% of daily need)

Calories: 140.29kcal (7.01%), Fat: 5.92g (9.11%), Saturated Fat: 0.84g (5.23%), Carbohydrates: 17.86g (5.95%), Net Carbohydrates: 11.49g (4.18%), Sugar: 3.35g (3.72%), Cholesterol: 0mg (0%), Sodium: 485.7mg (21.12%), Alcohol: 0g (100%), Protein: 7.45g (14.91%), Vitamin K: 1893.03µg (1802.89%), Vitamin A: 13894.38IU (277.89%), Vitamin C: 68.91mg (83.52%), Manganese: 1.07mg (53.58%), Magnesium: 204.94mg (51.24%), Vitamin E: 5.24mg (34.91%), Iron: 5.13mg (28.51%), Potassium: 990.41mg (28.3%), Copper: 0.52mg (26.24%), Fiber: 6.37g (25.47%), Folate: 78.59µg (19.65%), Phosphorus: 160.18mg (16.02%), Calcium: 148.42mg (14.84%), Vitamin B2: 0.25mg (14.6%), Vitamin B6: 0.28mg (13.77%), Vitamin B1: 0.14mg (9.03%), Zinc: 1.28mg (8.55%), Vitamin B3: 1.26mg (6.31%), Vitamin B5: 0.47mg (4.72%), Selenium: 3.3µg (4.71%)