



## Italian-Style Swiss Chard

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



81 kcal

SIDE DISH

### Ingredients

- 4 cloves garlic coarsely chopped
- 2 tablespoons olive oil
- 0.1 teaspoon pepper red crushed
- 1 tablespoon salt
- 4 servings salt to taste
- 1 bunch swiss chard
- 1 cup water

### Equipment

frying pan

sauce pan

## Directions

Wash the Swiss chard and cut into 1 inch strips. Separate the thick and tough stalk sections from the upper leafy strips.

Bring the water and 1 tablespoon of salt to a boil in a large saucepan.

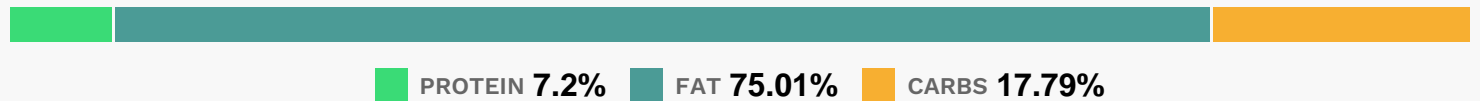
Cook the stalk sections in the salted boiling water for 2 minutes. Stir in the leafy strips and cook until the leaves are wilted and the stalks are fork tender, about 6 minutes.

Drain and set aside.

Heat the olive oil, garlic, and red pepper flakes in a large skillet over medium heat until aromatic, about 3 minutes.

Add the drained Swiss chard, cook and stir for 2 minutes; season with salt to taste.

## Nutrition Facts



## Properties

Glycemic Index:15.5, Glycemic Load:0.79, Inflammation Score:-10, Nutrition Score:14.298261020495%

## 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: 4.36mg, Kaempferol: 4.36mg, Kaempferol: 4.36mg, Kaempferol: 4.36mg Myricetin: 2.37mg, Myricetin: 2.37mg, Myricetin: 2.37mg, Myricetin: 2.37mg Quercetin: 1.7mg, Quercetin: 1.7mg, Quercetin: 1.7mg, Quercetin: 1.7mg

## Nutrients (% of daily need)

Calories: 80.78kcal (4.04%), Fat: 7.17g (11.04%), Saturated Fat: 0.99g (6.2%), Carbohydrates: 3.83g (1.28%), Net Carbohydrates: 2.54g (0.93%), Sugar: 0.86g (0.95%), Cholesterol: 0mg (0%), Sodium: 2102.28mg (91.4%), Alcohol: 0g (100%), Protein: 1.55g (3.1%), Vitamin K: 626.83µg (596.98%), Vitamin A: 4605.8IU (92.12%), Vitamin C: 23.44mg (28.41%), Manganese: 0.33mg (16.54%), Vitamin E: 2.45mg (16.34%), Magnesium: 62.23mg (15.56%), Potassium: 297.97mg (8.51%), Iron: 1.47mg (8.15%), Copper: 0.15mg (7.74%), Vitamin B6: 0.11mg (5.64%), Fiber: 1.28g (5.14%), Calcium: 46.93mg (4.69%), Vitamin B2: 0.07mg (4.2%), Phosphorus: 39.28mg (3.93%), Folate: 10.61µg (2.65%), Vitamin B1: 0.04mg (2.41%), Zinc: 0.32mg (2.12%), Vitamin B3: 0.33mg (1.64%), Selenium: 1.12µg (1.6%), Vitamin B5:

0.15mg (1.47%)