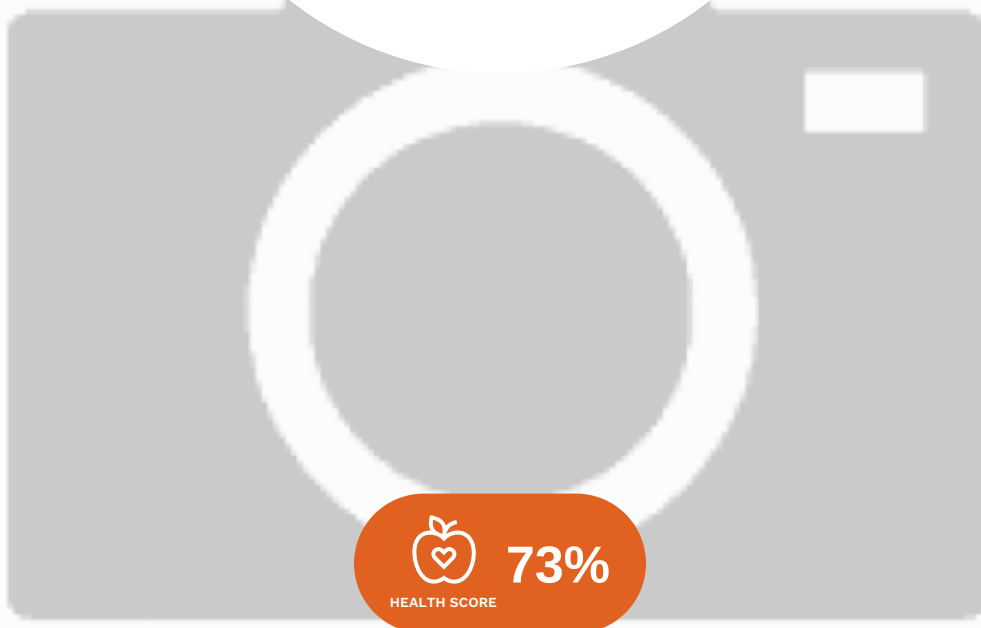




Kale and Chard Supreme



Gluten Free



Very Healthy

READY IN



40 min.

SERVINGS



8

CALORIES



101 kcal

SIDE DISH

Ingredients

- ☐ 3 slices forest ham black chopped
- ☐ 2 bunches rainbow chard chopped
- ☐ 0.3 cup cranberries dried
- ☐ 0.3 cup feta cheese crumbled
- ☐ 2 bunches kale chopped
- ☐ 1 tablespoon olive oil
- ☐ 0.3 cup pineapple chopped
- ☐ 0.3 cup onion red chopped

☐ 0.3 cup slivered almonds

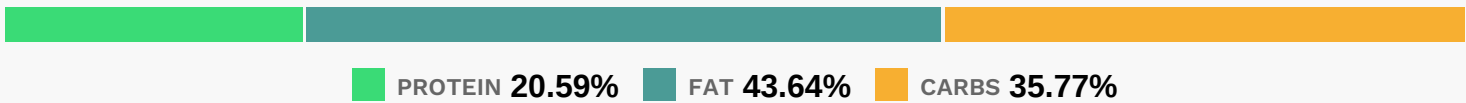
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Heat olive oil in a large skillet over medium heat; cook and stir ham, pineapple, and onion until onion is tender and lightly browned, about 10 minutes.
- ☐ Add kale and chard; cover and cook until greens have reduced to half the size, about 7 minutes.
- ☐ Remove lid and toss mixture. Cover and cook until greens have softened, 3 to 4 minutes.
- ☐ Transfer kale and chard mixture to a large bowl. Stir in feta cheese, almonds, and cranberries.

Nutrition Facts



Properties

Glycemic Index:23.33, Glycemic Load:1.08, Inflammation Score:-10, Nutrition Score:20.230434946392%

Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Catechin: 1.17mg, Catechin: 1.17mg, Catechin: 1.17mg, Catechin: 1.17mg Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 8.01mg, Isorhamnetin: 8.01mg, Isorhamnetin: 8.01mg, Isorhamnetin: 8.01mg Kaempferol: 19.61mg, Kaempferol: 19.61mg, Kaempferol: 19.61mg, Kaempferol: 19.61mg Myricetin: 2.42mg, Myricetin: 2.42mg, Myricetin: 2.42mg, Myricetin: 2.42mg Quercetin: 10.19mg, Quercetin: 10.19mg, Quercetin: 10.19mg, Quercetin: 10.19mg

Nutrients (% of daily need)

Calories: 100.54kcal (5.03%), Fat: 5.32g (8.18%), Saturated Fat: 1.08g (6.75%), Carbohydrates: 9.81g (3.27%), Net Carbohydrates: 6.49g (2.36%), Sugar: 5.08g (5.64%), Cholesterol: 9.84mg (3.28%), Sodium: 339.7mg (14.77%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.64g (11.29%), Vitamin K: 750.73µg (714.98%), Vitamin A: 7856.66IU (157.13%), Vitamin C: 55.7mg (67.51%), Manganese: 0.63mg (31.57%), Magnesium: 82.75mg (20.69%),

Vitamin E: 2.84mg (18.92%), Calcium: 155.17mg (15.52%), Vitamin B2: 0.26mg (15.43%), Potassium: 469.79mg (13.42%), Fiber: 3.31g (13.25%), Iron: 2.21mg (12.27%), Copper: 0.2mg (9.89%), Folate: 35.51µg (8.88%), Phosphorus: 86.57mg (8.66%), Vitamin B6: 0.16mg (7.99%), Vitamin B1: 0.09mg (5.85%), Vitamin B3: 0.9mg (4.52%), Zinc: 0.66mg (4.37%), Selenium: 1.86µg (2.66%), Vitamin B5: 0.25mg (2.45%), Vitamin B12: 0.08µg (1.32%)