



Lemon-Garlic Swiss Chard



Gluten Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



52 kcal

SIDE DISH

Ingredients

- ☐ 0.1 teaspoon pepper black freshly ground
- ☐ 1 tablespoon garlic minced
- ☐ 1.5 teaspoons juice of lemon fresh
- ☐ 1 tablespoon olive oil extra-virgin
- ☐ 4 teaspoons parmesan cheese fresh shaved
- ☐ 10 ounces swiss chard chopped
- ☐ 2 tablespoons water

Equipment

☐ frying pan

☐ whisk

Directions

☐ Heat a large skillet over medium-high heat.

☐ Add oil to pan; swirl to coat.

☐ Add garlic; saut 2 minutes or until garlic begins to brown.

☐ Add Swiss chard and 2 tablespoons water to pan; cook 3 minutes or until chard wilts. Stir in lemon juice and pepper.

☐ Sprinkle with cheese.

☐ Heat a large nonstick skillet over medium heat.

☐ Add 1 teaspoon olive oil; swirl to coat.

☐ Add 2 cups sliced yellow onion and a dash of baking soda; cook 10 minutes or until browned.

☐ Add 12 cups chopped Swiss chard and 2 tablespoons water to pan; cook 3 minutes or until chard wilts. Stir in 2 teaspoons sherry vinegar and 1/4 teaspoon freshly ground black pepper.

☐ Serves 4 (serving size: about 1/2 cup) CALORIES 64; FAT 4g (sat 2g); SODIUM 253mg

☐ Heat a large nonstick skillet over medium heat.

☐ Add 3 tablespoons pine nuts to pan; cook 3 minutes or until browned, stirring frequently.

☐ Remove nuts from pan.

☐ Add 1/4 cup golden raisins and 1/4 cup water to pan; cook 1 minute.

☐ Add 12 cups chopped Swiss chard; cook 3 minutes or until chard wilts. Stir in 2 teaspoons white wine vinegar.

☐ Sprinkle with pine nuts.

☐ Serves 4 (serving size: about 1/2 cup) CALORIES 90; FAT 6g (sat 4g); SODIUM 231mg

☐ Heat a medium nonstick skillet over medium heat.

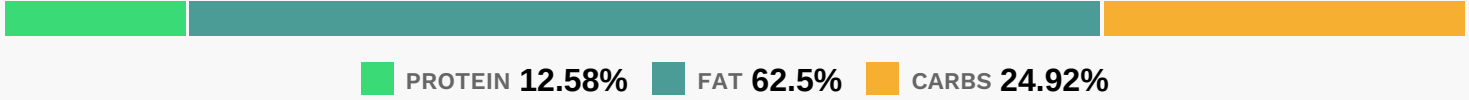
☐ Add 2 slices applewood-smoked bacon to pan; cook until crisp.

☐ Remove bacon from pan; crumble.

☐ Remove pan from heat.

- ☐
- Add 2 teaspoons cider vinegar and 1/4 teaspoon freshly ground black pepper to pan, stirring with a whisk.
- ☐
- Pour vinegar mixture over 6 cups chopped Swiss chard; toss.
- ☐
- Serves 4 (serving size: about 1/2 cup) CALORIES 39; FAT 4g (sat 9g); SODIUM 225mg

Nutrition Facts



Properties

Glycemic Index:30.25, Glycemic Load:0.69, Inflammation Score:-10, Nutrition Score:13.632173931388%

Flavonoids

Catechin: 1.06mg, Catechin: 1.06mg, Catechin: 1.06mg, Catechin: 1.06mg Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Kaempferol: 4.12mg, Kaempferol: 4.12mg, Kaempferol: 4.12mg, Kaempferol: 4.12mg Myricetin: 2.23mg, Myricetin: 2.23mg, Myricetin: 2.23mg, Myricetin: 2.23mg Quercetin: 1.6mg, Quercetin: 1.6mg, Quercetin: 1.6mg, Quercetin: 1.6mg

Nutrients (% of daily need)

Calories: 51.88kcal (2.59%), Fat: 3.92g (6.03%), Saturated Fat: 0.67g (4.2%), Carbohydrates: 3.51g (1.17%), Net Carbohydrates: 2.32g (0.84%), Sugar: 0.86g (0.95%), Cholesterol: 0.68mg (0.23%), Sodium: 167.8mg (7.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.77g (3.55%), Vitamin K: 590.51µg (562.39%), Vitamin A: 4343.09IU (86.86%), Vitamin C: 22.61mg (27.41%), Manganese: 0.3mg (15.06%), Magnesium: 58.64mg (14.66%), Vitamin E: 1.85mg (12.34%), Potassium: 280.35mg (8.01%), Iron: 1.35mg (7.47%), Copper: 0.14mg (6.77%), Calcium: 52.26mg (5.23%), Vitamin B6: 0.1mg (4.85%), Fiber: 1.2g (4.79%), Phosphorus: 42.85mg (4.29%), Vitamin B2: 0.07mg (4.1%), Folate: 10.44µg (2.61%), Vitamin B1: 0.03mg (2.22%), Zinc: 0.31mg (2.06%), Selenium: 1.15µg (1.65%), Vitamin B3: 0.3mg (1.51%), Vitamin B5: 0.14mg (1.42%)