



Mediterranean Braised Chard

 **Gluten Free**  **Dairy Free**  **Very Healthy**

READY IN



25 min.

SERVINGS



4

CALORIES



219 kcal

SIDE DISH

Ingredients

- 4 fillet anchovy rinsed finely chopped
- 4 servings pepper black freshly ground
- 2 teaspoons capers rinsed
- 2 medium garlic clove finely chopped
- 2 tablespoons golden raisins
- 0.5 cup kalamata olives whole pitted finely chopped
- 4 servings kosher salt
- 1 tablespoon juice of lemon freshly squeezed

- 3 tablespoons olive oil
- 0.5 cup onion white
- 2 tablespoons pinenuts toasted
- 2 bunches swiss chard dried washed ends trimmed

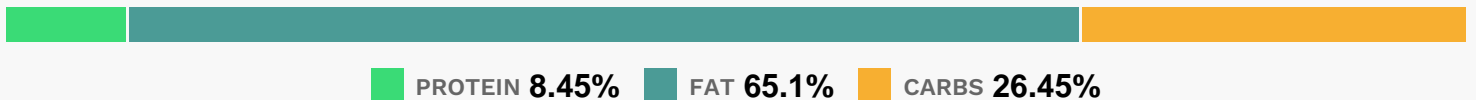
Equipment

- frying pan
- tongs

Directions

- Slice the chard stems from the leaves. Coarsely chop the stems and set aside; cut the leaves crosswise into 1-inch-wide strips and set aside.
- Heat the oil in a medium frying pan over medium heat until shimmering, about 3 minutes.
- Add the onion, anchovies, and raisins and cook, stirring occasionally, until the onion has softened, about 4 minutes.
- Add the capers and garlic and cook, stirring often, until the garlic is fragrant and lightly browned, about 1 minute.
- Add the reserved chard stems and cook until they start to brown, about 2 minutes.
- Add the chard leaves and cook, stirring the leaves with tongs, until they're wilted, about 5 minutes. Stir in the olives, pine nuts, and lemon juice, season with salt and pepper, and serve immediately.

Nutrition Facts



Properties

Glycemic Index:44.42, Glycemic Load:4.8, Inflammation Score:-10, Nutrition Score:23.630000058724%

Flavonoids

Catechin: 2.25mg, Catechin: 2.25mg, Catechin: 2.25mg, Catechin: 2.25mg Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.01mg,

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 10.35mg, Kaempferol: 10.35mg, Kaempferol: 10.35mg Myricetin: 4.68mg, Myricetin: 4.68mg, Myricetin: 4.68mg, Myricetin: 4.68mg Quercetin: 9.31mg, Quercetin: 9.31mg, Quercetin: 9.31mg, Quercetin: 9.31mg

Nutrients (% of daily need)

Calories: 218.87kcal (10.94%), Fat: 17.08g (26.27%), Saturated Fat: 2.16g (13.49%), Carbohydrates: 15.61g (5.2%), Net Carbohydrates: 11.73g (4.27%), Sugar: 7.32g (8.14%), Cholesterol: 2.4mg (0.8%), Sodium: 810.71mg (35.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.99g (9.98%), Vitamin K: 1255.03µg (1195.27%), Vitamin A: 9246.46IU (184.93%), Vitamin C: 48.72mg (59.06%), Manganese: 1.08mg (54.02%), Vitamin E: 5.51mg (36.73%), Magnesium: 143.28mg (35.82%), Potassium: 717.66mg (20.5%), Copper: 0.41mg (20.43%), Iron: 3.48mg (19.34%), Fiber: 3.88g (15.53%), Phosphorus: 122.66mg (12.27%), Vitamin B6: 0.23mg (11.66%), Vitamin B2: 0.18mg (10.66%), Calcium: 104.54mg (10.45%), Vitamin B3: 1.55mg (7.75%), Folate: 28.63µg (7.16%), Zinc: 1.02mg (6.8%), Vitamin B1: 0.1mg (6.53%), Selenium: 3.38µg (4.83%), Vitamin B5: 0.35mg (3.54%)