

Moroccan Beet Leaf or Swiss Chard Salad (Salade de Blettes)

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



115 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 2 bunches bunchs of kale with stems, coarsely chopped (1 pound)
- 4 cloves garlic minced
- 1 teaspoon ground cumin
- 1 teaspoon harissa to taste
- 0.3 cup vinegar white
- 6 servings pepper freshly ground to taste
- 6 servings salt to taste

- 1 teaspoon paprika sweet
- 0.3 cup vegetable oil

Equipment

- bowl
- frying pan

Directions

- Heat the oil in a medium skillet. Toss in the garlic, sautéing until just fragrant, then add the chard and cook for a few minutes.
- Sprinkle on a little salt, the paprika, cumin, and harissa, and cook for another minute, stirring.
- Pour the vinegar or lemon juice into the pan, and cook for another minute, or until it has begun to evaporate. Season with salt and freshly ground pepper to taste.
- Serve at room temperature.
- *Harissa, a North African hot sauce, is available at Middle Eastern markets and specialty foods stores, and from pereg-spices.com. For a quick homemade harissa, mix 1/4 cup sambal oelek or other hot chili paste, 2 tablespoons olive oil, 1 teaspoon salt, 1 teaspoon ground cumin, and 1 teaspoon ground coriander in a small bowl to blend. The harissa keeps for at least a week covered and chilled.
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Nutrition Facts

PROTEIN 0.94% **FAT 94.81%** **CARBS 4.25%**

Properties

Glycemic Index: 22, Glycemic Load: 0.22, Inflammation Score: -2, Nutrition Score: 2.1904347678242%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 115.24kcal (5.76%), Fat: 12.24g (18.84%), Saturated Fat: 1.86g (11.64%), Carbohydrates: 1.24g (0.41%), Net Carbohydrates: 0.99g (0.36%), Sugar: 0.18g (0.2%), Cholesterol: 0mg (0%), Sodium: 207.07mg (9%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 0.27g (0.54%), Vitamin K: 24.13µg (22.98%), Vitamin E: 1.12mg (7.48%), Vitamin A: 195.89IU (3.92%), Manganese: 0.07mg (3.51%), Iron: 0.36mg (1.99%), Vitamin B6: 0.04mg (1.77%), Vitamin C: 0.89mg (1.07%)