



Pasta with Swiss Chard

 Very Healthy

READY IN



25 min.

SERVINGS



2

CALORIES



470 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1 teaspoon capers
- 1 clove garlic minced
- 2 tablespoons olive oil extra-virgin
- 0.3 cup parmesan cheese grated to taste
- 2 servings salt and pepper to taste
- 1 bunch swiss chard chopped
- 0.3 pound pasta like spaghetti whole-wheat

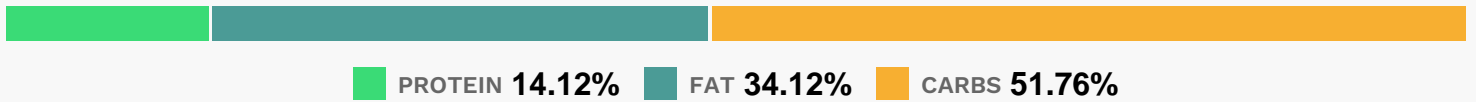
Equipment

- frying pan
- pot
- colander

Directions

- Fill a large pot with lightly salted water and bring to a rolling boil over high heat. Once the water is boiling, stir in the spaghetti, and return to a boil. Cook the pasta uncovered, stirring occasionally, until the pasta has cooked through, but is still firm to the bite, about 8 minutes.
- Drain well in a colander set in the sink.
- Meanwhile, heat the olive oil in a large skillet over medium heat. Stir in the garlic, and cook for 1 minute to soften.
- Add the Swiss chard. Cook and stir until the stems of the chard are tender. You can use some of the hot pasta water to help steam the chard in the covered pan.
- Stir the hot spaghetti into the chard mixture along with the capers. Season to taste with salt and black pepper, and drizzle with lemon juice if desired.
- Sprinkle with Parmesan cheese to serve.

Nutrition Facts



Properties

Glycemic Index:31, Glycemic Load:1.17, Inflammation Score:-10, Nutrition Score:35.647391211727%

Flavonoids

Catechin: 2.25mg, Catechin: 2.25mg, Catechin: 2.25mg, Catechin: 2.25mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 10.02mg, Kaempferol: 10.02mg, Kaempferol: 10.02mg, Kaempferol: 10.02mg Myricetin: 4.67mg, Myricetin: 4.67mg, Myricetin: 4.67mg, Myricetin: 4.67mg Quercetin: 5.05mg, Quercetin: 5.05mg, Quercetin: 5.05mg, Quercetin: 5.05mg

Nutrients (% of daily need)

Calories: 470.43kcal (23.52%), Fat: 18.87g (29.04%), Saturated Fat: 4.11g (25.71%), Carbohydrates: 64.43g (21.48%), Net Carbohydrates: 61.96g (22.53%), Sugar: 1.68g (1.86%), Cholesterol: 10.88mg (3.63%), Sodium: 766.31mg (33.32%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.58g (35.16%), Vitamin K: 1253.91µg (1194.2%),

Vitamin A: 9283.64IU (185.67%), Manganese: 2.9mg (144.78%), Selenium: 61.14µg (87.34%), Magnesium: 234.69mg (58.67%), Vitamin C: 45.51mg (55.16%), Phosphorus: 345.69mg (34.57%), Vitamin E: 4.92mg (32.83%), Copper: 0.63mg (31.25%), Iron: 5.62mg (31.24%), Vitamin B1: 0.44mg (29.03%), Vitamin B3: 4.51mg (22.52%), Calcium: 220.61mg (22.06%), Potassium: 760.63mg (21.73%), Zinc: 2.89mg (19.29%), Vitamin B6: 0.35mg (17.3%), Vitamin B2: 0.29mg (17.02%), Folate: 65.12µg (16.28%), Vitamin B5: 1.05mg (10.52%), Fiber: 2.46g (9.85%), Vitamin B12: 0.17µg (2.81%)