



Quick braised chard & lentils



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



25 min.

SERVINGS



4

CALORIES



316 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 300 g rainbow chard separated
- ☐ 2 tbsp olive oil plus a drizzle
- ☐ 1 garlic clove sliced
- ☐ 1 chilli red deseeded chopped
- ☐ 250 g puy lentils cooked
- ☐ 1 tablespoon juice of lemon

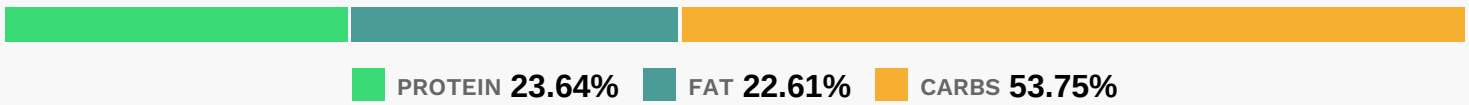
Equipment

- ☐ frying pan

Directions

- ☐ Cut the chard stalks into batons and roughly shred the leaves.
- ☐ Heat half the olive oil in a large saut pan.
- ☐ Add the chard stalks, garlic, chilli and a splash of water. Cook over a low heat for 8–10 mins until softened, then add the leaves and cook until completely wilted.
- ☐ Prepare the lentils following pack instructions. Take the chard off the heat and stir through the lentils. Season, dress with more olive oil and the lemon juice, then serve.

Nutrition Facts



Properties

Glycemic Index:26.75, Glycemic Load:0.95, Inflammation Score:-10, Nutrition Score:20.296956679095%

Flavonoids

Catechin: 1.13mg, Catechin: 1.13mg, Catechin: 1.13mg, Catechin: 1.13mg 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: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 4.35mg, Kaempferol: 4.35mg, Kaempferol: 4.35mg, Kaempferol: 4.35mg Myricetin: 2.34mg, Myricetin: 2.34mg, Myricetin: 2.34mg, Myricetin: 2.34mg Quercetin: 1.68mg, Quercetin: 1.68mg, Quercetin: 1.68mg, Quercetin: 1.68mg

Nutrients (% of daily need)

Calories: 315.64kcal (15.78%), Fat: 7.86g (12.1%), Saturated Fat: 1g (6.22%), Carbohydrates: 42.05g (14.02%), Net Carbohydrates: 21.16g (7.69%), Sugar: 2.82g (3.14%), Cholesterol: 0mg (0%), Sodium: 164.97mg (7.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.5g (36.99%), Vitamin K: 628.3µg (598.38%), Vitamin A: 4694.39IU (93.89%), Fiber: 20.9g (83.58%), Vitamin C: 43.48mg (52.7%), Iron: 6.21mg (34.49%), Vitamin E: 2.51mg (16.73%), Magnesium: 63.75mg (15.94%), Manganese: 0.31mg (15.43%), Potassium: 327.42mg (9.35%), Calcium: 80.54mg (8.05%), Copper: 0.15mg (7.58%), Vitamin B6: 0.14mg (7.11%), Vitamin B2: 0.08mg (4.62%), Phosphorus: 40.78mg (4.08%), Folate: 13.86µg (3.46%), Vitamin B1: 0.04mg (2.7%), Vitamin B3: 0.45mg (2.24%), Zinc: 0.31mg (2.07%), Vitamin B5: 0.16mg (1.61%), Selenium: 0.84µg (1.2%)