



HEALTH SCORE

84%

Quick Caramelized Onions Swiss Chard



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



62 kcal

SIDE DISH

Ingredients

- ☐ 1 Dash baking soda
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1 teaspoon olive oil
- ☐ 2 teaspoons sherry vinegar
- ☐ 12 cups swiss chard chopped
- ☐ 2 tablespoons water
- ☐ 2 cups onion yellow sliced

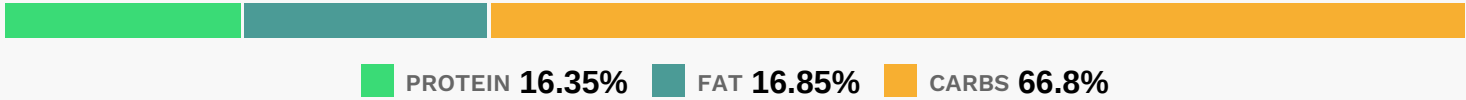
Equipment

☐ frying pan

Directions

- ☐ Heat a large nonstick skillet over medium heat.
- ☐ Add olive oil; swirl to coat.
- ☐ Add onion and baking soda; cook 10 minutes or until browned.
- ☐ Add Swiss chard and water to pan; cook 3 minutes or until chard wilts. Stir in vinegar and freshly ground black pepper.

Nutrition Facts



Properties

Glycemic Index:22.75, Glycemic Load:2.41, Inflammation Score:-10, Nutrition Score:18.156086921692%

Flavonoids

Catechin: 1.62mg, Catechin: 1.62mg, Catechin: 1.62mg, Catechin: 1.62mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg Kaempferol: 6.78mg, Kaempferol: 6.78mg, Kaempferol: 6.78mg Myricetin: 3.37mg, Myricetin: 3.37mg, Myricetin: 3.37mg, Myricetin: 3.37mg Quercetin: 18.62mg, Quercetin: 18.62mg, Quercetin: 18.62mg, Quercetin: 18.62mg

Nutrients (% of daily need)

Calories: 62.15kcal (3.11%), Fat: 1.3g (2%), Saturated Fat: 0.21g (1.29%), Carbohydrates: 11.6g (3.87%), Net Carbohydrates: 8.48g (3.08%), Sugar: 4.58g (5.09%), Cholesterol: 0mg (0%), Sodium: 302.26mg (13.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.84g (5.68%), Vitamin K: 897.53µg (854.79%), Vitamin A: 6607.56IU (132.15%), Vitamin C: 38.33mg (46.46%), Manganese: 0.52mg (25.78%), Magnesium: 95.87mg (23.97%), Potassium: 528.77mg (15.11%), Vitamin E: 2.2mg (14.68%), Fiber: 3.12g (12.48%), Iron: 2.14mg (11.89%), Copper: 0.23mg (11.38%), Vitamin B6: 0.2mg (10.16%), Folate: 30.34µg (7.59%), Calcium: 74.42mg (7.44%), Phosphorus: 73.28mg (7.33%), Vitamin B2: 0.12mg (7%), Vitamin B1: 0.08mg (5.34%), Zinc: 0.53mg (3.52%), Vitamin B5: 0.29mg (2.86%), Vitamin B3: 0.53mg (2.63%), Selenium: 1.38µg (1.97%)