



Rainbow Chard and Radicchio Sauté



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



10

CALORIES



115 kcal

SIDE DISH

Ingredients

- ☐ 2 tablespoons butter ()
- ☐ 2 pounds swiss chard (3 to 4 medium bunches)
- ☐ 3 tablespoons currants
- ☐ 4 garlic clove minced
- ☐ 2 tablespoons olive oil
- ☐ 1 medium onion cut into 3/4-inch pieces
- ☐ 0.3 cup pinenuts toasted
- ☐ 1 pound radicchio thinly separated cored cut into 1-inch wedges, leaves (8 cups) (2 large heads)

☐ 2 tablespoons red wine vinegar ()

Equipment

- ☐ bowl
- ☐ pot
- ☐ slotted spoon

Directions

- ☐ Cut ribs from chard; chop crosswise into 1-inch pieces (about 4 cups). Slice leaves crosswise into 1-inch strips (about 16 cups).
- ☐ Melt butter with oil in large pot over medium heat.
- ☐ Add onion and garlic; cook until onion is tender, stirring occasionally, about 4 minutes.
- ☐ Add chard ribs; cover and cook until tender, about 6 minutes. Working in batches, add chard leaves and radicchio, stirring until wilted. Cook uncovered until vegetables are tender, stirring often, 8 to 10 minutes. Stir in 2 tablespoons vinegar and currants, if desired. Season with salt and pepper and more vinegar, if desired.
- ☐ Using slotted spoon, transfer chard mixture to bowl.
- ☐ Sprinkle pine nuts over.
- ☐ The general rule is red with meat and white with fish, but Pinot Noir is a light red wine and salmon is a rich fish, so it works. We like the earthy, fruity GAINES VINEYARD 2007 PINOT NOIR Ccalifornia, \$48).

Nutrition Facts



Properties

Glycemic Index:16.4, Glycemic Load:1.78, Inflammation Score:-10, Nutrition Score:19.158695701024%

Flavonoids

Cyanidin: 57.6mg, Cyanidin: 57.6mg, Cyanidin: 57.6mg, Cyanidin: 57.6mg Delphinidin: 3.48mg, Delphinidin: 3.48mg, Delphinidin: 3.48mg, Delphinidin: 3.48mg Catechin: 1.36mg, Catechin: 1.36mg, Catechin: 1.36mg, Catechin: 1.36mg Luteolin: 17.23mg, Luteolin: 17.23mg, Luteolin: 17.23mg, Luteolin: 17.23mg Isorhamnetin: 0.55mg, Isorhamnetin:

0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg Kaempferol: 5.34mg, Kaempferol: 5.34mg, Kaempferol: 5.34mg, Kaempferol: 5.34mg Myricetin: 2.83mg, Myricetin: 2.83mg, Myricetin: 2.83mg, Myricetin: 2.83mg Quercetin: 18.54mg, Quercetin: 18.54mg, Quercetin: 18.54mg, Quercetin: 18.54mg

Nutrients (% of daily need)

Calories: 115.02kcal (5.75%), Fat: 7.7g (11.85%), Saturated Fat: 2.05g (12.84%), Carbohydrates: 10.77g (3.59%), Net Carbohydrates: 8.37g (3.04%), Sugar: 4.67g (5.19%), Cholesterol: 6.02mg (2.01%), Sodium: 224.16mg (9.75%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.12g (6.24%), Vitamin K: 872.54µg (830.99%), Vitamin A: 5635.15IU (112.7%), Vitamin C: 32.29mg (39.13%), Manganese: 0.75mg (37.42%), Vitamin E: 3.53mg (23.54%), Magnesium: 91.05mg (22.76%), Copper: 0.38mg (19.16%), Potassium: 558.66mg (15.96%), Iron: 2.24mg (12.42%), Folate: 43.72µg (10.93%), Fiber: 2.39g (9.58%), Phosphorus: 89.67mg (8.97%), Vitamin B6: 0.16mg (8.02%), Vitamin B2: 0.11mg (6.68%), Calcium: 64.97mg (6.5%), Zinc: 0.88mg (5.85%), Vitamin B1: 0.07mg (4.71%), Vitamin B3: 0.72mg (3.61%), Vitamin B5: 0.31mg (3.14%), Selenium: 1.53µg (2.19%)