



Rainbow Chard with Pine Nuts and Feta



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



185 kcal

SIDE DISH

Ingredients

- ☐ 1 bunch rainbow chard
- ☐ 0.5 cup feta crumbled
- ☐ 2 cloves garlic thinly sliced
- ☐ 4 servings kosher salt and pepper
- ☐ 2 tablespoons olive oil
- ☐ 0.3 cup pinenuts

Equipment

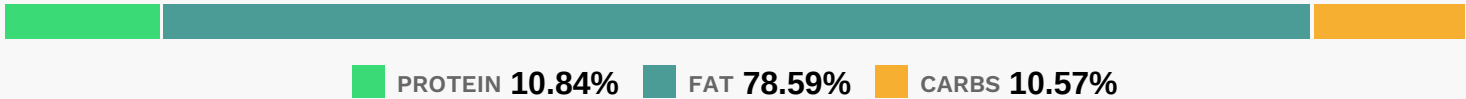
- ☐ bowl

☐ frying pan

Directions

- ☐ Cut off the chard stalks near the base of the leaves and discard.
- ☐ Cut any large leaves in half lengthwise.
- ☐ Heat the oil in a large skillet over medium heat.
- ☐ Add the pine nuts and garlic and cook, stirring, until golden, about 2 minutes. Stir in the chard, 1/2 teaspoon salt, and 1/4 teaspoon pepper. Cook, stirring, until the chard ribs are just tender, 2 to 3 minutes.
- ☐ Transfer to a serving bowl and sprinkle with the Feta.

Nutrition Facts



Properties

Glycemic Index:22.25, Glycemic Load:0.85, Inflammation Score:-10, Nutrition Score:19.476521906645%

Flavonoids

Catechin: 1.13mg, Catechin: 1.13mg, Catechin: 1.13mg, Catechin: 1.13mg 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: 2.35mg, Myricetin: 2.35mg, Myricetin: 2.35mg, Myricetin: 2.35mg Quercetin: 1.68mg, Quercetin: 1.68mg, Quercetin: 1.68mg, Quercetin: 1.68mg

Nutrients (% of daily need)

Calories: 184.84kcal (9.24%), Fat: 16.96g (26.09%), Saturated Fat: 3.9g (24.36%), Carbohydrates: 5.13g (1.71%), Net Carbohydrates: 3.59g (1.31%), Sugar: 1.14g (1.27%), Cholesterol: 16.69mg (5.56%), Sodium: 567.85mg (24.69%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.26g (10.53%), Vitamin K: 631.62µg (601.55%), Vitamin A: 4668.71IU (93.37%), Manganese: 1.05mg (52.4%), Vitamin C: 23.04mg (27.92%), Vitamin E: 3.25mg (21.65%), Magnesium: 85.87mg (21.47%), Phosphorus: 148.5mg (14.85%), Vitamin B2: 0.25mg (14.5%), Calcium: 134.94mg (13.49%), Copper: 0.26mg (12.81%), Iron: 2mg (11.14%), Potassium: 352.37mg (10.07%), Zinc: 1.37mg (9.15%), Vitamin B6: 0.18mg (9.01%), Fiber: 1.54g (6.17%), Vitamin B1: 0.09mg (6.17%), Selenium: 3.76µg (5.37%), Vitamin B12: 0.32µg (5.28%), Folate: 19.41µg (4.85%), Vitamin B3: 0.87mg (4.33%), Vitamin B5: 0.35mg (3.46%)