

## Red Chard and Rice

 Gluten Free  Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



365 kcal

SIDE DISH

### Ingredients

- 3 slices bacon finely chopped (1/)
- 1.8 cups chicken stock see
- 2 cloves garlic grated
- 4 servings kosher salt and pepper black freshly ground
- 4 servings nutmeg freshly grated
- 2 tablespoons olive oil extra-virgin
- 1 small bunch chard red stemmed chopped
- 0.5 teaspoon paprika smoked sweet

1 cup rice white

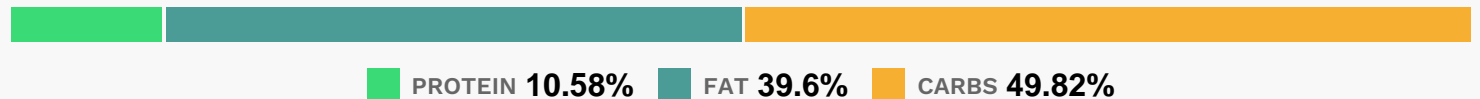
## Equipment

pot

## Directions

- Heat the extra-virgin olive oil in a saucepot over medium heat.
- Add the bacon, cook 2 minutes, then add the garlic and stir 1 minute.
- Add the chard and season with a little nutmeg, salt, pepper, and paprika. When the chard is wilted add the rice and stir 1 minute more.
- Add the stock or water and bring to a boil. Reduce the heat to a simmer and cover the pot. Cook 15 to 18 minutes, or until the rice is tender. Fluff with a fork and serve.

## Nutrition Facts



## Properties

Glycemic Index:60.05, Glycemic Load:23.33, Inflammation Score:-10, Nutrition Score:20.579130600328%

## 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: 365.24kcal (18.26%), Fat: 16.03g (24.67%), Saturated Fat: 4.13g (25.81%), Carbohydrates: 45.38g (15.13%), Net Carbohydrates: 43.02g (15.64%), Sugar: 3.15g (3.5%), Cholesterol: 14.04mg (4.68%), Sodium: 422.35mg (18.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.63g (19.27%), Vitamin K: 627.36µg (597.49%), Vitamin A: 4722.11IU (94.44%), Manganese: 0.88mg (43.97%), Vitamin C: 23.24mg (28.17%), Magnesium: 83.14mg (20.79%), Selenium: 13.55µg (19.36%), Vitamin E: 2.65mg (17.69%), Vitamin B3: 3.43mg (17.13%), Copper: 0.33mg (16.39%), Phosphorus: 147.3mg (14.73%), Potassium: 500.47mg (14.3%), Vitamin B6: 0.29mg (14.27%), Iron: 2.2mg (12.2%), Vitamin B2: 0.2mg (11.7%), Vitamin B1: 0.16mg (10.37%), Fiber: 2.36g (9.45%), Zinc: 1.19mg (7.92%), Vitamin B5: 0.71mg (7.06%), Calcium: 62.66mg (6.27%), Folate: 21.15µg (5.29%), Vitamin B12: 0.08µg (1.38%)