



Roasted Garbanzo Beans and Garlic with Swiss Chard



Vegetarian



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



6

CALORIES



354 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon fennel seeds
- ☐ 3 small bay leaf fresh
- ☐ 6 cups chickpeas drained canned (chickpeas)
- ☐ 6 garlic clove crushed peeled
- ☐ 2 cups chicken broth
- ☐ 2 tablespoons olive oil extra virgin extra-virgin
- ☐ 2 shallots sliced

- ☐ 2 bunches swiss chard

Equipment

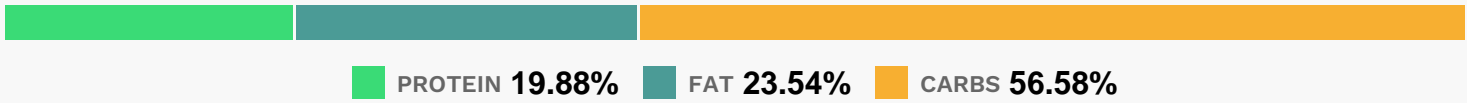
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ pot
- ☐ sieve
- ☐ aluminum foil
- ☐ glass baking pan

Directions

- ☐ Preheat oven to 350°F.
- ☐ Combine first 5 ingredients in 8x8x2-inch glass baking dish.
- ☐ Sprinkle with salt and pepper.
- ☐ Pour oil over; cover dish with foil. Roast until garlic is tender, about 45 minutes. DO AHEAD: Can be made 1 day ahead. Cool slightly, cover, and chill.
- ☐ Heat oil in large pot over medium-high heat.
- ☐ Add garlic, bay leaves, and shallots. Cover; cook until shallots are tender, about 2 minutes. Uncover; add half of chard. Toss until chard wilts and volume is reduced by half, about 2 minutes.
- ☐ Add remaining chard. Toss until chard wilts, about 2 minutes.
- ☐ Add broth. Cover and cook until chard is tender, stirring occasionally, about 10 minutes. Season chard with salt and pepper.
- ☐ Transfer chard mixture to large sieve set over bowl and drain. DO AHEAD: Can be prepared 2 hours ahead.
- ☐ Let stand at room temperature.
- ☐ Drain garbanzos and reserve oil; discard bay leaves.
- ☐ Combine garbanzos and chard in large skillet.

Add 2 tablespoons oil reserved from garbanzos. Toss over medium heat until warmed through, moistening with more oil by tablespoonfuls if needed, about 5 minutes. Season with salt and pepper and serve.

Nutrition Facts



Properties

Glycemic Index:19.63, Glycemic Load:9.67, Inflammation Score:-10, Nutrition Score:34.525652035423%

Flavonoids

Catechin: 1.5mg, Catechin: 1.5mg, Catechin: 1.5mg, Catechin: 1.5mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 5.81mg, Kaempferol: 5.81mg, Kaempferol: 5.81mg, Kaempferol: 5.81mg Myricetin: 3.15mg, Myricetin: 3.15mg, Myricetin: 3.15mg, Myricetin: 3.15mg Quercetin: 2.25mg, Quercetin: 2.25mg, Quercetin: 2.25mg, Quercetin: 2.25mg

Nutrients (% of daily need)

Calories: 353.58kcal (17.68%), Fat: 9.66g (14.87%), Saturated Fat: 1.26g (7.89%), Carbohydrates: 52.26g (17.42%), Net Carbohydrates: 37.72g (13.72%), Sugar: 9.76g (10.84%), Cholesterol: 0mg (0%), Sodium: 249.99mg (10.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.36g (36.72%), Vitamin K: 839.49µg (799.51%), Vitamin A: 6164.43IU (123.29%), Manganese: 2.16mg (107.78%), Folate: 299.09µg (74.77%), Fiber: 14.54g (58.16%), Magnesium: 164.35mg (41.09%), Vitamin C: 33.83mg (41%), Copper: 0.82mg (40.82%), Iron: 6.97mg (38.7%), Phosphorus: 356.39mg (35.64%), Potassium: 969.71mg (27.71%), Vitamin E: 3.14mg (20.94%), Zinc: 3.03mg (20.2%), Vitamin B6: 0.4mg (20.16%), Vitamin B1: 0.24mg (16.17%), Calcium: 147.47mg (14.75%), Vitamin B2: 0.22mg (13.13%), Vitamin B3: 2.4mg (12%), Selenium: 7.5µg (10.71%), Vitamin B5: 0.68mg (6.83%), Vitamin B12: 0.08µg (1.31%)