




Roasted Swiss Chard with Feta


 Vegetarian  Gluten Free

READY IN




45 min.

SERVINGS



4

CALORIES



166 kcal

SIDE DISH

Ingredients

- 1 bunch swiss chard separated chopped
- 4 ounces feta cheese
- 2 tablespoons olive oil
- 1 large onion chopped
- 4 servings salt and pepper black to taste

Equipment

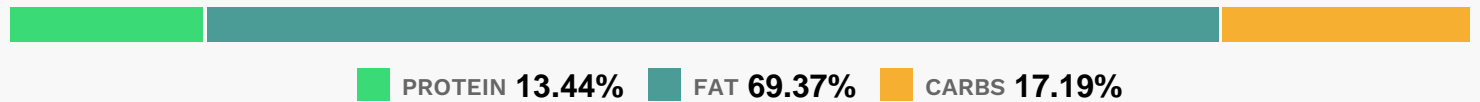
- bowl
- baking sheet

oven

Directions

- Preheat an oven to 350 degrees F (175 degrees C). Grease a baking sheet with olive oil.
- Toss the chard stems and onions in a bowl with 1 tablespoon olive oil. Season with salt and pepper to taste, and spread onto the prepared baking sheet.
- Bake in the preheated oven until the chard stems have softened and the onion is starting to brown on the corners, about 15 minutes. Toss the chard leaves with 2 tablespoons of olive oil, salt, and black pepper.
- Sprinkle the leaves over the stem mixture, then scatter the feta cheese over top.
- Return to the oven, and bake until the stems are tender, the leaves are beginning to crisp, and the feta is melted and golden, about 20 minutes.

Nutrition Facts



Properties

Glycemic Index:21.5, Glycemic Load:1.58, Inflammation Score:-10, Nutrition Score:18.150869483533%

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: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 4.59mg, Kaempferol: 4.59mg, Kaempferol: 4.59mg Myricetin: 2.34mg, Myricetin: 2.34mg, Myricetin: 2.34mg, Myricetin: 2.34mg Quercetin: 9.26mg, Quercetin: 9.26mg, Quercetin: 9.26mg, Quercetin: 9.26mg

Nutrients (% of daily need)

Calories: 166.26kcal (8.31%), Fat: 13.28g (20.43%), Saturated Fat: 4.77g (29.84%), Carbohydrates: 7.41g (2.47%), Net Carbohydrates: 5.57g (2.03%), Sugar: 2.41g (2.68%), Cholesterol: 25.23mg (8.41%), Sodium: 678.36mg (29.49%), Alcohol: 0g (100%), Protein: 5.79g (11.58%), Vitamin K: 627.37µg (597.5%), Vitamin A: 4707.38IU (94.15%), Vitamin C: 25.27mg (30.64%), Calcium: 186.83mg (18.68%), Vitamin B2: 0.32mg (18.64%), Magnesium: 69.89mg (17.47%), Manganese: 0.33mg (16.57%), Vitamin E: 2.48mg (16.56%), Phosphorus: 140.91mg (14.09%), Vitamin B6: 0.24mg (11.97%), Potassium: 356.69mg (10.19%), Iron: 1.65mg (9.19%), Vitamin B12: 0.48µg (7.99%), Copper: 0.16mg (7.9%), Zinc: 1.15mg (7.67%), Fiber: 1.84g (7.35%), Selenium: 5.12µg (7.31%), Folate: 26.7µg (6.67%), Vitamin B1: 0.09mg (6.06%), Vitamin B5: 0.45mg (4.49%), Vitamin B3: 0.62mg (3.12%)