



Sautéed Chard with Pancetta

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



60 kcal

SIDE DISH

Ingredients

- 0.3 teaspoon pepper red crushed
- 2 garlic cloves minced
- 0.3 cup pancetta diced
- 2 tablespoons parmigiano-reggiano cheese fresh grated
- 0.8 pound swiss chard

Equipment

- frying pan
- paper towels

Directions

- Rinse and drain chard; pat dry with paper towels. Trim stalks from chard leaves, reserving stalks and leaves. Coarsely chop stalks to equal 1 cup; discard remaining stalks. Chop leaves.
- Heat a large nonstick skillet over medium-high heat.
- Add pancetta to pan; saut 2 minutes or until lightly browned, stirring frequently.
- Add garlic and chard stalks to pan; saut 2 minutes or until tender, stirring frequently.
- Add half of chard leaves to pan; saut 1 minute or until leaves wilt, stirring frequently.
- Add remaining chard leaves and pepper to pan; saut 1 minute or until leaves wilt, stirring frequently.
- Sprinkle with cheese.

Nutrition Facts

PROTEIN 18.73% **FAT 64.22%** **CARBS 17.05%**

Properties

Glycemic Index:14.83, Glycemic Load:0.5, Inflammation Score:-9, Nutrition Score:12.290000047373%

Flavonoids

Catechin: 0.85mg, Catechin: 0.85mg, Catechin: 0.85mg, Catechin: 0.85mg Kaempferol: 3.29mg, Kaempferol: 3.29mg, Kaempferol: 3.29mg, Kaempferol: 3.29mg Myricetin: 1.77mg, Myricetin: 1.77mg, Myricetin: 1.77mg, Myricetin: 1.77mg Quercetin: 1.26mg, Quercetin: 1.26mg, Quercetin: 1.26mg, Quercetin: 1.26mg

Nutrients (% of daily need)

Calories: 60.14kcal (3.01%), Fat: 4.47g (6.88%), Saturated Fat: 1.6g (10.03%), Carbohydrates: 2.67g (0.89%), Net Carbohydrates: 1.72g (0.62%), Sugar: 0.65g (0.73%), Cholesterol: 7.64mg (2.55%), Sodium: 214.26mg (9.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.94g (5.87%), Vitamin K: 470.74µg (448.32%), Vitamin A: 3509.18IU (70.18%), Vitamin C: 17.32mg (21%), Magnesium: 48.22mg (12.05%), Manganese: 0.23mg (11.35%), Vitamin E: 1.15mg (7.67%), Potassium: 241.58mg (6.9%), Iron: 1.11mg (6.14%), Copper: 0.11mg (5.5%), Phosphorus: 53.62mg (5.36%), Calcium: 51.23mg (5.12%), Vitamin B6: 0.1mg (4.9%), Selenium: 3.03µg (4.32%), Vitamin B2: 0.07mg (3.91%), Fiber: 0.96g (3.83%), Vitamin B1: 0.05mg (3.52%), Vitamin B3: 0.64mg (3.22%), Zinc: 0.38mg (2.54%), Folate: 8.11µg (2.03%), Vitamin B5: 0.17mg (1.66%), Vitamin B12: 0.07µg (1.15%)