



## Sautéed Chard with Red Pepper Flakes and Garlic

 Vegetarian  Gluten Free  Dairy Free  Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



35 kcal

SIDE DISH

### Ingredients

- 0.3 teaspoon pepper red crushed
- 0.5 cup less-sodium chicken broth fat-free
- 2 garlic cloves coarsely chopped
- 1 tablespoon juice of lemon fresh
- 1 teaspoon olive oil
- 1 pound swiss chard coarsely chopped

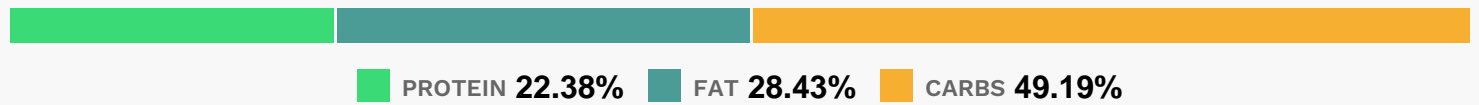
### Equipment

frying pan

## Directions

- Heat oil in a large nonstick skillet over medium–high heat.
- Add pepper and garlic to pan; saut 30 seconds.
- Add chard; cook 3 minutes or until wilted. Stir in broth. Cover and cook 5 minutes or until tender.
- Sprinkle with juice.

## Nutrition Facts



## Properties

Glycemic Index:15.5, Glycemic Load:0.92, Inflammation Score:-10, Nutrition Score:17.097391364367%

## Flavonoids

Catechin: 1.7mg, Catechin: 1.7mg, Catechin: 1.7mg, Catechin: 1.7mg Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Kaempferol: 6.58mg, Kaempferol: 6.58mg, Kaempferol: 6.58mg Myricetin: 3.54mg, Myricetin: 3.54mg, Myricetin: 3.54mg, Myricetin: 3.54mg Quercetin: 2.53mg, Quercetin: 2.53mg, Quercetin: 2.53mg, Quercetin: 2.53mg

## Nutrients (% of daily need)

Calories: 34.93kcal (1.75%), Fat: 1.31g (2.01%), Saturated Fat: 0.18g (1.11%), Carbohydrates: 5.1g (1.7%), Net Carbohydrates: 3.2g (1.16%), Sugar: 1.41g (1.56%), Cholesterol: 0mg (0%), Sodium: 359.95mg (15.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.32g (4.64%), Vitamin K: 941.96µg (897.11%), Vitamin A: 6972.85IU (139.46%), Vitamin C: 35.94mg (43.56%), Magnesium: 92.92mg (23.23%), Manganese: 0.45mg (22.29%), Vitamin E: 2.34mg (15.61%), Potassium: 450.62mg (12.87%), Iron: 2.14mg (11.87%), Copper: 0.21mg (10.74%), Fiber: 1.9g (7.6%), Vitamin B6: 0.14mg (6.96%), Vitamin B2: 0.11mg (6.55%), Calcium: 62.33mg (6.23%), Phosphorus: 58.25mg (5.83%), Folate: 16.99µg (4.25%), Vitamin B1: 0.05mg (3.44%), Vitamin B3: 0.64mg (3.2%), Zinc: 0.44mg (2.92%), Selenium: 1.89µg (2.7%), Vitamin B5: 0.24mg (2.44%)