

SIDE DISH

Sautéed Swiss Chard

7 October 2026

TOTAL TIME	SERVES	PER SERVING	CALORIES
45 min	4	\$1.44	181 kcal

Sautéed Swiss Chard requires roughly 45 minutes from start to finish. One portion of this dish contains around 8g of protein, 14g of fat, and a total of 181 calories. This gluten free, dairy free, paleolithic, and primal recipe serves 4 and costs \$1.44 per serving. This recipe is liked by 1 foodies...

Ingredients

- ☐ 6 slices bacon
- ☐ 2 pounds fresh Swiss chard
- ☐ 1 tablespoon vinegar

EQUIPMENT Frying pan, Paper towels, Dutch oven

Method

- 1 Remove stalks and tough stems from Swiss chard. Wash leaves thoroughly, and tear into bite-size pieces.
- 2 Place in a Dutch oven (do not add water); cover and cook over medium heat 4 to 6 minutes or until tender.
- 3 Drain well.
- 4 Cook bacon in a large skillet until crisp; drain on paper towels. Crumble and set aside, reserving drippings in skillet.
- 5 Add Swiss chard to skillet; cook over medium heat 4 to 5 minutes, stirring occasionally.
- 6 Transfer to a serving dish.

7 Sprinkle with vinegar and bacon.

Nutrition per serving

181	8 g	14 g	9 g
KCAL	PROTEIN	FAT	CARBS
Saturated Fat			4.5 g · 28% of daily needs
Fibre			3.6 g · 15% of daily needs
Sugar			2.5 g · 3% of daily needs
Sodium			702 mg · 31% of daily needs
Cholesterol			21.8 mg · 7% of daily needs
Vitamin C			68 mg · 82% of daily needs

Adapted from My Recipes. Find this recipe, ratings and more ideas at whatsheate.com/sauteed-swiss-chard-148547