



Sautéed Swiss Chard with Hazelnuts and Garlic

 Gluten Free

READY IN



30 min.

SERVINGS



8

CALORIES



96 kcal

SIDE DISH

Ingredients

- ☐ 1 fillet anchovy
- ☐ 2 tablespoons butter
- ☐ 2 garlic cloves sliced
- ☐ 0.5 cup hazelnuts chopped
- ☐ 8 servings kosher salt and pepper black freshly ground
- ☐ 1 teaspoons sherry vinegar
- ☐ 2 pounds swiss chard red trimmed

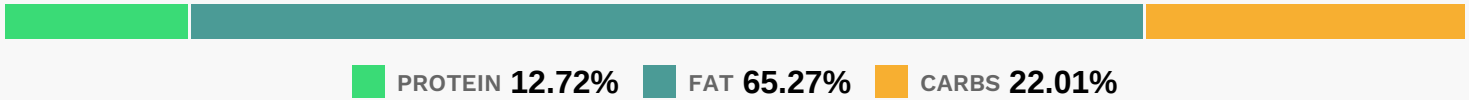
Equipment

☐ frying pan

Directions

- ☐ Toast hazelnuts in a large, deep skillet over medium heat, stirring constantly, 3 minutes or until fragrant.
- ☐ Remove nuts from skillet.
- ☐ Melt butter in skillet; stir in anchovy and garlic. Cook, stirring constantly, 1 minute or until garlic is toasted and anchovy has broken apart.
- ☐ Add chard, in batches, stirring until wilted. Cook, tossing occasionally, 15 minutes or until tender. Stir in sherry vinegar and nuts. Season with kosher salt and black pepper to taste.

Nutrition Facts



Properties

Glycemic Index:19.88, Glycemic Load:0.94, Inflammation Score:-10, Nutrition Score:19.354782587808%

Flavonoids

Cyanidin: 0.5mg, Cyanidin: 0.5mg, Cyanidin: 0.5mg, Cyanidin: 0.5mg Catechin: 1.79mg, Catechin: 1.79mg, Catechin: 1.79mg, Catechin: 1.79mg Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Kaempferol: 6.58mg, Kaempferol: 6.58mg, Kaempferol: 6.58mg, Kaempferol: 6.58mg Myricetin: 3.53mg, Myricetin: 3.53mg, Myricetin: 3.53mg, Myricetin: 3.53mg Quercetin: 2.51mg, Quercetin: 2.51mg, Quercetin: 2.51mg, Quercetin: 2.51mg

Nutrients (% of daily need)

Calories: 95.88kcal (4.79%), Fat: 7.66g (11.78%), Saturated Fat: 2.18g (13.6%), Carbohydrates: 5.81g (1.94%), Net Carbohydrates: 3.23g (1.17%), Sugar: 1.58g (1.76%), Cholesterol: 7.82mg (2.61%), Sodium: 264.76mg (11.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.36g (6.71%), Vitamin K: 942.69µg (897.8%), Vitamin A: 7025.26IU (140.51%), Manganese: 0.9mg (45.2%), Vitamin C: 34.73mg (42.1%), Magnesium: 104.74mg (26.18%), Vitamin E: 3.35mg (22.36%), Copper: 0.34mg (16.83%), Potassium: 488.11mg (13.95%), Iron: 2.44mg (13.53%), Fiber: 2.58g (10.33%), Vitamin B6: 0.16mg (8.25%), Phosphorus: 76.98mg (7.7%), Calcium: 69.8mg (6.98%), Vitamin B2: 0.11mg (6.71%), Vitamin B1: 0.1mg (6.38%), Folate: 24.54µg (6.14%), Zinc: 0.61mg (4.09%), Vitamin B3: 0.67mg (3.33%),

Vitamin B5: 0.28mg (2.77%), Selenium: 1.53µg (2.18%)