



## Sautéed Swiss Chard with Mustard Seeds



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



13 min.

SERVINGS



2

CALORIES



142 kcal

SIDE DISH

### Ingredients

- ☐ 1 large bunch swiss chard rinsed
- ☐ 1 tablespoon olive oil extra virgin
- ☐ 0.3 cup shallots sliced chopped
- ☐ 1 tablespoon mustard seeds whole
- ☐ 2 servings salt
- ☐ 2 tablespoons seasoned rice vinegar plain with rice vinegar and large pinch of sugar)

### Equipment

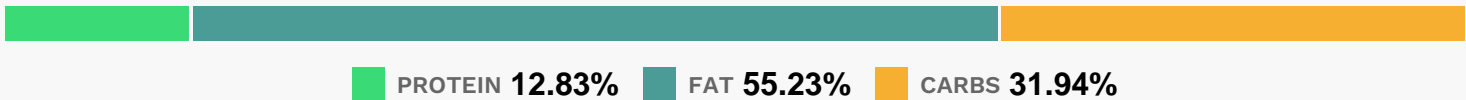
- ☐ bowl

☐ frying pan

## Directions

- ☐ Prepare the chard leaves: Leaf by leaf, cut out the tough center stem. Slice the stems crosswise in 1/4-inch to 1/2-inch pieces. Keep separate from the leaves. Slice the leaves crosswise into 1-inch thick strips.
- ☐ Sauté chard stems, shallots, mustard seeds:
- ☐ Heat oil in a large, wide, stick-free sauté pan on medium high heat.
- ☐ Add the chopped chard stems, the shallots or onions, and the mustard seeds.
- ☐ Sprinkle a little salt over the chard. Sauté until the onions or shallots become translucent.
- ☐ Add chopped chard leaf greens: When some of the mustard seeds may start to make a popping noise, add the chard leaf greens.
- ☐ Sprinkle on a little more salt and toss to coat with the oil and onion mixture.
- ☐ Finish by steaming in pan: Reduce the heat to low and cover the pan.
- ☐ Let cook for a couple minutes only, lifting up the pan cover to turn the greens over in the pan after the first minute. The greens should cook down considerably. When they are just wilted, remove from heat and place in a serving bowl.
- ☐ Sprinkle with seasoned rice vinegar right before serving.

## Nutrition Facts



## Properties

Glycemic Index:56, Glycemic Load:2.24, Inflammation Score:-10, Nutrition Score:23.168260802393%

## Flavonoids

Catechin: 2.25mg, Catechin: 2.25mg, Catechin: 2.25mg, Catechin: 2.25mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 8.7mg, Kaempferol: 8.7mg, Kaempferol: 8.7mg, Kaempferol: 8.7mg Myricetin: 4.65mg, Myricetin: 4.65mg, Myricetin: 4.65mg, Myricetin: 4.65mg Quercetin: 3.3mg, Quercetin: 3.3mg, Quercetin: 3.3mg, Quercetin: 3.3mg

## Nutrients (% of daily need)

Calories: 142.49kcal (7.12%), Fat: 9.32g (14.34%), Saturated Fat: 1.13g (7.03%), Carbohydrates: 12.13g (4.04%), Net Carbohydrates: 8.11g (2.95%), Sugar: 4.36g (4.84%), Cholesterol: 0mg (0%), Sodium: 518.01mg (22.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.87g (9.75%), Vitamin K: 1249.75µg (1190.24%), Vitamin A: 9176.89IU (183.54%), Vitamin C: 47.76mg (57.89%), Manganese: 0.78mg (38.96%), Magnesium: 148.23mg (37.06%), Vitamin E: 4.13mg (27.56%), Potassium: 708.3mg (20.24%), Iron: 3.61mg (20.04%), Selenium: 13.23µg (18.9%), Copper: 0.33mg (16.56%), Fiber: 4.02g (16.07%), Vitamin B6: 0.27mg (13.62%), Phosphorus: 132.92mg (13.29%), Calcium: 103.22mg (10.32%), Folate: 39.97µg (9.99%), Vitamin B2: 0.16mg (9.13%), Vitamin B1: 0.12mg (8.13%), Zinc: 0.99mg (6.63%), Vitamin B3: 0.92mg (4.6%), Vitamin B5: 0.39mg (3.88%)