



Sauteed Swiss Chard with Onions



Vegetarian



Gluten Free

READY IN



50 min.

SERVINGS



8

CALORIES



100 kcal

SIDE DISH

Ingredients

- ☐ 2 garlic cloves finely chopped
- ☐ 2 tablespoons olive oil
- ☐ 2 medium onions halved lengthwise thinly sliced
- ☐ 3 pound swiss chard green (2 large bunches)
- ☐ 2 tablespoons butter unsalted

Equipment

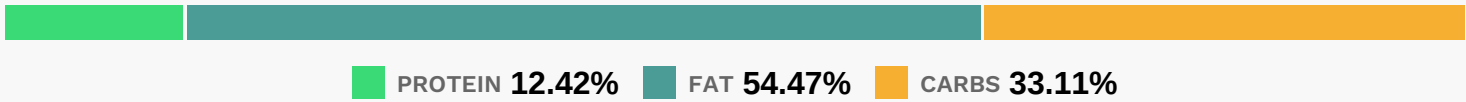
- ☐ bowl
- ☐ paper towels

- ☐ oven
- ☐ pot
- ☐ stove
- ☐ microwave
- ☐ slotted spoon

Directions

- ☐ Cut stems and center ribs from chard, discarding any tough portions, then cut stems and ribs crosswise into 2-inch pieces. Stack chard leaves and roll up lengthwise into cylinders.
- ☐ Cut cylinders crosswise to make 1-inch-wide strips.
- ☐ Heat oil and butter in a large heavy pot over medium heat until foam subsides, then cook onions and garlic with 1/2 teaspoon salt and 1/4 teaspoon pepper, covered, stirring occasionally, until onions begin to soften, about 8 minutes.
- ☐ Add chard stems and ribs, 1/2 teaspoon salt, and 1/4 teaspoon pepper and cook, covered, stirring occasionally, until stems are just tender, about 10 minutes.
- ☐ Add chard leaves in batches, stirring until wilted before adding next batch, and cook, covered, stirring occasionally, until tender, 4 to 6 minutes.
- ☐ Transfer with a slotted spoon to a serving bowl.
- ☐ · Chard can be washed, dried, and cut 2 days ahead and chilled in sealed bags lined with dampened paper towels.· Chard can be cooked 4 hours ahead and reheated over low heat on stove or in a microwave oven.

Nutrition Facts



Properties

Glycemic Index:11.13, Glycemic Load:1.8, Inflammation Score:-10, Nutrition Score:21.317826082201%

Flavonoids

Catechin: 2.55mg, Catechin: 2.55mg, Catechin: 2.55mg, Catechin: 2.55mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 10.05mg,

Kaempferol: 10.05mg, Kaempferol: 10.05mg, Kaempferol: 10.05mg Myricetin: 5.29mg, Myricetin: 5.29mg, Myricetin: 5.29mg, Myricetin: 5.29mg Quercetin: 9.34mg, Quercetin: 9.34mg, Quercetin: 9.34mg, Quercetin: 9.34mg

Nutrients (% of daily need)

Calories: 100.47kcal (5.02%), Fat: 6.71g (10.32%), Saturated Fat: 2.34g (14.65%), Carbohydrates: 9.18g (3.06%), Net Carbohydrates: 5.98g (2.17%), Sugar: 3.05g (3.39%), Cholesterol: 7.53mg (2.51%), Sodium: 363.99mg (15.83%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.44g (6.88%), Vitamin K: 1414.28µg (1346.93%), Vitamin A: 10491.22IU (209.82%), Vitamin C: 53.3mg (64.6%), Magnesium: 140.79mg (35.2%), Manganese: 0.67mg (33.54%), Vitamin E: 3.81mg (25.37%), Potassium: 688.7mg (19.68%), Iron: 3.15mg (17.51%), Copper: 0.32mg (15.9%), Fiber: 3.2g (12.82%), Vitamin B6: 0.21mg (10.54%), Vitamin B2: 0.16mg (9.56%), Calcium: 95.31mg (9.53%), Phosphorus: 88.21mg (8.82%), Folate: 29.17µg (7.29%), Vitamin B1: 0.08mg (5.49%), Zinc: 0.67mg (4.47%), Vitamin B3: 0.72mg (3.6%), Vitamin B5: 0.33mg (3.35%), Selenium: 1.81µg (2.59%)