



Sautéed Swiss Chard with Pancetta



Gluten Free



Dairy Free

READY IN



25 min.

SERVINGS



8

CALORIES



103 kcal

SIDE DISH

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 2 chiles such as fresno fresh red finely chopped
- ☐ 2 garlic cloves thinly sliced
- ☐ 3 tablespoons olive oil extra-virgin
- ☐ 2 oz pancetta chopped
- ☐ 2 pounds swiss chard whole chopped

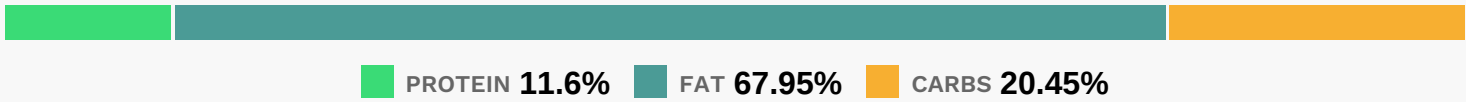
Equipment

- ☐ pot

Directions

- ☐ Heat oil in a large pot over medium-high heat. Cook pancetta, stirring, until crispy, about 3 minutes.
- ☐ Add garlic, chiles, and chard stems and ribs and cook until slightly softened, about 4 minutes.
- ☐ Add chard leaves and pepper, cover pot, and cook until wilted, stirring occasionally, about 6 minutes.

Nutrition Facts



Properties

Glycemic Index:17.38, Glycemic Load:1.23, Inflammation Score:-10, Nutrition Score:18.635217448939%

Flavonoids

Catechin: 1.7mg, Catechin: 1.7mg, Catechin: 1.7mg, Catechin: 1.7mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg 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: 103.44kcal (5.17%), Fat: 8.35g (12.84%), Saturated Fat: 1.71g (10.67%), Carbohydrates: 5.65g (1.88%), Net Carbohydrates: 3.62g (1.32%), Sugar: 1.85g (2.06%), Cholesterol: 4.68mg (1.56%), Sodium: 289.73mg (12.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.21g (6.41%), Vitamin K: 946.16µg (901.1%), Vitamin A: 7045.9IU (140.92%), Vitamin C: 50.42mg (61.11%), Magnesium: 95.69mg (23.92%), Manganese: 0.47mg (23.27%), Vitamin E: 3.01mg (20.06%), Potassium: 484.76mg (13.85%), Iron: 2.24mg (12.45%), Copper: 0.22mg (11.22%), Vitamin B6: 0.2mg (9.89%), Fiber: 2.03g (8.12%), Vitamin B2: 0.12mg (6.97%), Phosphorus: 68.55mg (6.86%), Calcium: 61.73mg (6.17%), Vitamin B1: 0.07mg (4.98%), Folate: 18.51µg (4.63%), Vitamin B3: 0.89mg (4.43%), Selenium: 2.61µg (3.73%), Zinc: 0.53mg (3.54%), Vitamin B5: 0.26mg (2.63%)