



## Savory Swiss Chard

 **Gluten Free**  **Dairy Free**  **Very Healthy**  **Low Fod Map**

READY IN



20 min.

SERVINGS



4

CALORIES



90 kcal

SIDE DISH

### Ingredients

- 1 large bunch rainbow chard green red stemmed coarsely chopped
- 0.5 cup chicken stock see
- 0.5 teaspoon ground cumin smoked sweet
- 0.3 teaspoon nutmeg freshly grated
- 2 tablespoons olive oil extra-virgin
- 4 servings salt and pepper black freshly ground
- 1 teaspoon worcestershire sauce

### Equipment


frying pan

## Directions

In a large skillet heat extra-virgin olive oil over medium-high heat. When oil is hot, add the greens to the pan and wilt. Season the greens with nutmeg and smoked sweet paprika or cumin, salt and pepper and a dash of Worcestershire sauce.

Add the chicken stock and simmer for a few minutes then serve.

## Nutrition Facts

 **PROTEIN 9.13%**  **FAT 72.21%**  **CARBS 18.66%**

## Properties

Glycemic Index:37.25, Glycemic Load:0.56, Inflammation Score:-10, Nutrition Score:14.594782668611%

## Flavonoids

Catechin: 1.13mg, Catechin: 1.13mg, Catechin: 1.13mg, Catechin: 1.13mg 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: 4.35mg, Kaempferol: 4.35mg, Kaempferol: 4.35mg, Kaempferol: 4.35mg Myricetin: 2.33mg, Myricetin: 2.33mg, Myricetin: 2.33mg, Myricetin: 2.33mg Quercetin: 1.65mg, Quercetin: 1.65mg, Quercetin: 1.65mg, Quercetin: 1.65mg

## Nutrients (% of daily need)

Calories: 89.7kcal (4.48%), Fat: 7.59g (11.68%), Saturated Fat: 1.12g (7.02%), Carbohydrates: 4.41g (1.47%), Net Carbohydrates: 3.07g (1.12%), Sugar: 1.51g (1.68%), Cholesterol: 0.9mg (0.3%), Sodium: 222.5mg (9.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.16g (4.32%), Vitamin K: 627.15µg (597.29%), Vitamin A: 4712.89IU (94.26%), Vitamin C: 22.76mg (27.59%), Vitamin E: 2.51mg (16.73%), Magnesium: 62.99mg (15.75%), Manganese: 0.29mg (14.74%), Potassium: 335.29mg (9.58%), Iron: 1.6mg (8.88%), Copper: 0.16mg (7.89%), Vitamin B2: 0.1mg (5.78%), Fiber: 1.34g (5.35%), Vitamin B6: 0.1mg (4.92%), Phosphorus: 44.71mg (4.47%), Calcium: 42.07mg (4.21%), Vitamin B3: 0.81mg (4.06%), Folate: 12.35µg (3.09%), Vitamin B1: 0.04mg (2.86%), Zinc: 0.33mg (2.2%), Selenium: 1.37µg (1.95%), Vitamin B5: 0.14mg (1.37%)