



Savory Swiss Chard Pie



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



60 min.

SERVINGS



4

CALORIES



108 kcal

Ingredients

- 0.1 teaspoon ground pepper
- 340 g swiss chard
- 349 g extra tofu firm drained (1 package Mori-Nu)
- 2 teaspoons thyme sprigs dried fresh (or 1 tsp.)
- 2 cloves garlic minced
- 1 pinch nutmeg
- 2 tablespoons nutritional yeast
- 1 medium onion chopped
- 0.3 teaspoon onion powder

- 1 tablespoon potato flour
- 0.8 teaspoon salt to taste (or)
- 60 ml soymilk plain
- 0.1 teaspoon turmeric

Equipment

- frying pan
- oven
- blender
- pie form

Directions

- Remove the center stem from each leaf. Set the leaves aside and chop the stems into small pieces. In a large skillet, sauté the onion and chard stems until softened (about 5 minutes), adding a tablespoon of water if necessary to prevent sticking. Meanwhile, cut the chard leaves into bite-sized pieces.
- Add them to the pan along with the garlic, reduce heat, and cover. Cook until all chard is wilted.
- Remove from heat. If any water has accumulated, drain it; then spread chard in bottom of prepared pie pan.
- Place tofu and remaining ingredients in a blender, and puree until very smooth.
- Pour over the chard in the pie pan. Use a spoon to gently open holes through the chard so that the tofu mixture penetrates it. Smooth the top so that tofu layer is even and covers all the chard.
- Bake for 30 minutes, or until center is set.
- Remove from oven and allow to rest for 10 minutes before slicing and serving.

Nutrition Facts



PROTEIN 38.07% **FAT 19.2%** **CARBS 42.73%**

Properties

Glycemic Index:68.6, Glycemic Load:1.55, Inflammation Score:-10, Nutrition Score:19.269130468369%

Flavonoids

Catechin: 1.27mg, Catechin: 1.27mg, Catechin: 1.27mg, Catechin: 1.27mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 5.11mg, Kaempferol: 5.11mg, Kaempferol: 5.11mg, Kaempferol: 5.11mg Myricetin: 2.67mg, Myricetin: 2.67mg, Myricetin: 2.67mg, Myricetin: 2.67mg Quercetin: 7.48mg, Quercetin: 7.48mg, Quercetin: 7.48mg, Quercetin: 7.48mg

Nutrients (% of daily need)

Calories: 108.48kcal (5.42%), Fat: 2.45g (3.77%), Saturated Fat: 0.41g (2.54%), Carbohydrates: 12.27g (4.09%), Net Carbohydrates: 8.97g (3.26%), Sugar: 3.52g (3.91%), Cholesterol: 0mg (0%), Sodium: 682.25mg (29.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.93g (21.87%), Vitamin K: 705.7µg (672.09%), Vitamin A: 5331.86IU (106.64%), Vitamin C: 30.86mg (37.4%), Magnesium: 99.26mg (24.81%), Manganese: 0.41mg (20.56%), Copper: 0.37mg (18.7%), Potassium: 629.92mg (18%), Iron: 3.2mg (17.77%), Phosphorus: 142.33mg (14.23%), Vitamin E: 2.02mg (13.44%), Fiber: 3.3g (13.21%), Calcium: 107.15mg (10.72%), Vitamin B6: 0.2mg (10.15%), Vitamin B1: 0.13mg (8.98%), Vitamin B2: 0.15mg (8.92%), Zinc: 0.97mg (6.5%), Vitamin B3: 1.18mg (5.9%), Folate: 23.27µg (5.82%), Vitamin B12: 0.16µg (2.69%), Selenium: 1.51µg (2.16%), Vitamin B5: 0.2mg (2.03%), Vitamin D: 0.18µg (1.2%)