



Seared Red Chard

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



18 min.

SERVINGS



6

CALORIES



72 kcal

SIDE DISH

Ingredients

- 2 tablespoons cider vinegar
- 6 servings coarse salt and pepper
- 6 servings nutmeg grated
- 2 tablespoons olive oil extra-virgin
- 10 cups chard red trimmed coarsely chopped (2 bunches and)
- 1 small onion red thinly sliced

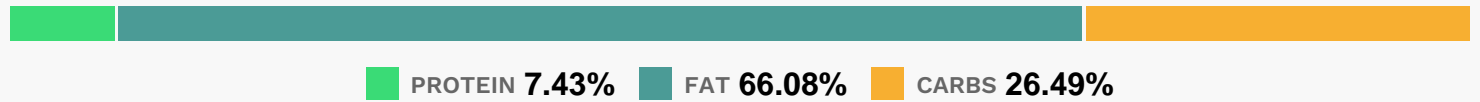
Equipment

- frying pan

Directions

- Watch how to make this recipe.
- Make sure your greens are very dry before preparing recipe. Also, wash and chop them when you come in from market, then they are ready for you to cook up even quicker.
- Heat the oil in a large nonstick skillet over medium-high heat.
- Add onions and toss 2 minutes, then add chard in bunches and keep it moving as it wilts up a bit - you are just searing it up. The greens should remain crisp and crunchy. Wilting them all and searing them up should take no more than 3 to 4 minutes. Season the greens with nutmeg and salt and pepper, to taste. Douse the pan with a little vinegar and remove from heat. Toss to cook off vinegar and serve the greens hot.

Nutrition Facts



Properties

Glycemic Index:28.17, Glycemic Load:1.21, Inflammation Score:-10, Nutrition Score:12.747826283393%

Flavonoids

Catechin: 0.9mg, Catechin: 0.9mg, Catechin: 0.9mg, Catechin: 0.9mg 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: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 3.6mg, Kaempferol: 3.6mg, Kaempferol: 3.6mg, Kaempferol: 3.6mg Myricetin: 1.87mg, Myricetin: 1.87mg, Myricetin: 1.87mg, Myricetin: 1.87mg Quercetin: 5.04mg, Quercetin: 5.04mg, Quercetin: 5.04mg, Quercetin: 5.04mg

Nutrients (% of daily need)

Calories: 71.54kcal (3.58%), Fat: 5.53g (8.51%), Saturated Fat: 1.19g (7.43%), Carbohydrates: 4.99g (1.66%), Net Carbohydrates: 3.3g (1.2%), Sugar: 2.03g (2.25%), Cholesterol: 0mg (0%), Sodium: 322.99mg (14.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.4g (2.8%), Vitamin K: 500.88µg (477.03%), Vitamin A: 3672.01IU (73.44%), Vitamin C: 19.42mg (23.54%), Manganese: 0.31mg (15.71%), Magnesium: 54.35mg (13.59%), Vitamin E: 1.81mg (12.06%), Potassium: 264.9mg (7.57%), Copper: 0.14mg (6.78%), Iron: 1.22mg (6.76%), Fiber: 1.69g (6.75%), Vitamin B6: 0.08mg (4.23%), Calcium: 39.01mg (3.9%), Phosphorus: 37.58mg (3.76%), Vitamin B2: 0.06mg (3.53%), Folate: 13.4µg (3.35%), Vitamin B1: 0.04mg (2.62%), Zinc: 0.29mg (1.95%), Vitamin B3: 0.29mg (1.44%), Vitamin B5: 0.13mg (1.26%)