



Spicy Rainbow Chard with Bacon and Polenta

 Gluten Free

READY IN



30 min.

SERVINGS



4

CALORIES



445 kcal

SIDE DISH

Ingredients

- ☐ 2 teaspoons balsamic vinegar
- ☐ 2 large bunches swiss chard roughly chopped cut into 1/4-in. pieces and leaves ()
- ☐ 2 garlic clove minced
- ☐ 0.5 teaspoon kosher salt
- ☐ 2 teaspoons olive oil extra virgin extra-virgin
- ☐ 0.3 cup parmesan cheese grated
- ☐ 1 cup polenta
- ☐ 0.3 tsp pepper red

- ☐ 2 large shallots chopped
- ☐ 6 oz bacon thick-cut
- ☐ 1 tablespoon butter unsalted

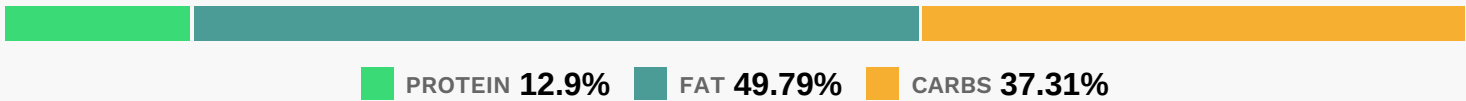
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels

Directions

- ☐ Cook polenta with salt as package directs.
- ☐ Meanwhile, cook bacon in a large frying pan until crisp.
- ☐ Transfer to paper towels.
- ☐ Discard fat from pan.
- ☐ Heat oil in same pan over medium heat. Cook shallots, garlic, and chard ribs until softened, 4 minutes. Stir in chard leaves, chile flakes, and 1/3 cup water. Cover, reduce heat to low, and cook until wilted.
- ☐ Stir butter and cheese into polenta and spoon into bowls. Toss chard with vinegar and spoon over polenta. Crumble bacon and sprinkle on top.

Nutrition Facts



Properties

Glycemic Index:35.5, Glycemic Load:1.89, Inflammation Score:-10, Nutrition Score:25.424782638964%

Flavonoids

Catechin: 2.25mg, Catechin: 2.25mg, Catechin: 2.25mg, Catechin: 2.25mg Kaempferol: 8.7mg, Kaempferol: 8.7mg, Kaempferol: 8.7mg, Kaempferol: 8.7mg Myricetin: 4.67mg, Myricetin: 4.67mg, Myricetin: 4.67mg, Myricetin: 4.67mg Quercetin: 3.33mg, Quercetin: 3.33mg, Quercetin: 3.33mg, Quercetin: 3.33mg

Nutrients (% of daily need)

Calories: 444.94kcal (22.25%), Fat: 24.86g (38.25%), Saturated Fat: 9.13g (57.08%), Carbohydrates: 41.92g (13.97%), Net Carbohydrates: 38.4g (13.97%), Sugar: 3.29g (3.66%), Cholesterol: 42.84mg (14.28%), Sodium: 1042.73mg (45.34%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.5g (29%), Vitamin K: 1246.97µg (1187.59%), Vitamin A: 9472.04IU (189.44%), Vitamin C: 46.47mg (56.33%), Magnesium: 143.82mg (35.95%), Manganese: 0.67mg (33.54%), Selenium: 20µg (28.57%), Vitamin E: 3.48mg (23.22%), Phosphorus: 223.57mg (22.36%), Potassium: 776.41mg (22.18%), Iron: 3.54mg (19.66%), Vitamin B6: 0.39mg (19.56%), Copper: 0.34mg (16.88%), Calcium: 162.56mg (16.26%), Vitamin B1: 0.24mg (16.15%), Vitamin B3: 2.85mg (14.23%), Fiber: 3.51g (14.04%), Vitamin B2: 0.22mg (12.98%), Zinc: 1.64mg (10.96%), Vitamin B5: 0.76mg (7.64%), Folate: 27.92µg (6.98%), Vitamin B12: 0.33µg (5.52%), Vitamin D: 0.26µg (1.76%)