



Spicy Swiss Chard with Lemon

 Vegetarian  Vegan  Gluten Free  Dairy Free  Very Healthy

READY IN



45 min.

SERVINGS



6

CALORIES



44 kcal

SIDE DISH

Ingredients

- 0.3 teaspoon pepper red crushed
- 3 garlic cloves minced
- 1 tablespoon juice of lemon fresh
- 2 teaspoons olive oil
- 0.1 teaspoon salt
- 2 pounds swiss chard trimmed

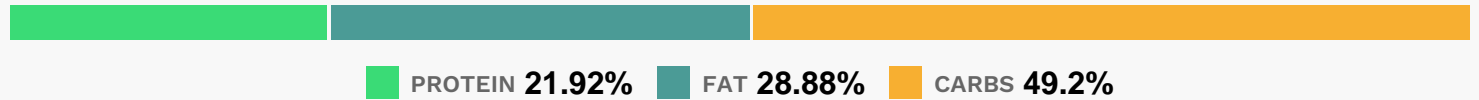
Equipment

- dutch oven

Directions

- Heat oil in a large Dutch oven over medium–high heat.
- Add chard; saute 1 minute or until slightly wilted. Stir in pepper and garlic. Cover and cook 4 minutes or until tender, stirring occasionally. Uncover and cook 3 minutes or until liquid evaporates. Stir in juice and salt.

Nutrition Facts



Properties

Glycemic Index:10.33, Glycemic Load:1.17, Inflammation Score:-10, Nutrition Score:19.416521808375%

Flavonoids

Catechin: 2.27mg, Catechin: 2.27mg, Catechin: 2.27mg, Catechin: 2.27mg Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Kaempferol: 8.77mg, Kaempferol: 8.77mg, Kaempferol: 8.77mg Myricetin: 4.71mg, Myricetin: 4.71mg, Myricetin: 4.71mg, Myricetin: 4.71mg Quercetin: 3.36mg, Quercetin: 3.36mg, Quercetin: 3.36mg, Quercetin: 3.36mg

Nutrients (% of daily need)

Calories: 43.53kcal (2.18%), Fat: 1.66g (2.56%), Saturated Fat: 0.23g (1.46%), Carbohydrates: 6.37g (2.12%), Net Carbohydrates: 3.88g (1.41%), Sugar: 1.75g (1.94%), Cholesterol: 0mg (0%), Sodium: 372.17mg (16.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.84g (5.67%), Vitamin K: 1255.86µg (1196.05%), Vitamin A: 9272.23IU (185.44%), Vitamin C: 46.8mg (56.72%), Magnesium: 123.12mg (30.78%), Manganese: 0.58mg (29.02%), Vitamin E: 3.09mg (20.58%), Potassium: 583.28mg (16.67%), Iron: 2.77mg (15.4%), Copper: 0.28mg (13.82%), Fiber: 2.49g (9.95%), Vitamin B6: 0.17mg (8.56%), Vitamin B2: 0.14mg (8.17%), Calcium: 80.29mg (8.03%), Phosphorus: 72.3mg (7.23%), Folate: 21.74µg (5.43%), Vitamin B1: 0.06mg (4.29%), Zinc: 0.57mg (3.78%), Vitamin B3: 0.63mg (3.14%), Vitamin B5: 0.27mg (2.73%), Selenium: 1.59µg (2.28%)