



Stewed Chard With Tomatoes And Roasted Garlic



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



7

CALORIES



48 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 14.5 ounce canned tomatoes diced canned
- ☐ 2 teaspoons olive oil
- ☐ 0.5 cup onion chopped
- ☐ 0.1 teaspoon pepper
- ☐ 2 teaspoons red wine vinegar
- ☐ 0.3 teaspoon salt
- ☐ 1 teaspoon sugar

- ☐ 12 cups swiss chard coarsely chopped (2 bunches)
- ☐ 0.3 cup water

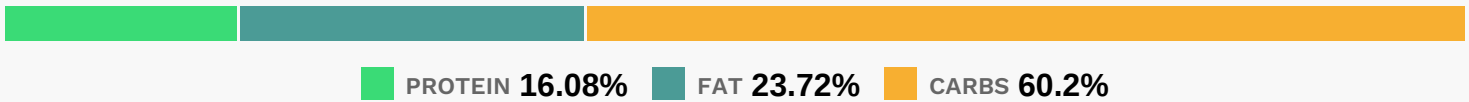
Equipment

- ☐ frying pan
- ☐ dutch oven

Directions

- ☐ Rinse chard, drain slightly, and place in a large Dutch oven.
- ☐ Add 1/3 cup water. Cover and cook over medium heat 16 minutes or until tender, stirring occasionally.
- ☐ Drain well.
- ☐ Heat oil in a large nonstick skillet over medium-high heat; add onion, and cook 4 minutes or until tender, stirring occasionally. Stir in diced tomato and next 3 ingredients. Bring to a boil; reduce heat, and cook, uncovered, 5 minutes or until slightly thick, stirring occasionally.
- ☐ Stir in chard. Bring to a boil; cover, reduce heat, and simmer 5 minutes. Stir in vinegar.

Nutrition Facts



Properties

Glycemic Index:28.44, Glycemic Load:2.26, Inflammation Score:-10, Nutrition Score:14.947825913844%

Flavonoids

Catechin: 0.93mg, Catechin: 0.93mg, Catechin: 0.93mg, Catechin: 0.93mg Isorhamnetin: 0.57mg, Isorhamnetin: 0.57mg, Isorhamnetin: 0.57mg, Isorhamnetin: 0.57mg Kaempferol: 3.65mg, Kaempferol: 3.65mg, Kaempferol: 3.65mg, Kaempferol: 3.65mg Myricetin: 1.92mg, Myricetin: 1.92mg, Myricetin: 1.92mg, Myricetin: 1.92mg Quercetin: 3.68mg, Quercetin: 3.68mg, Quercetin: 3.68mg, Quercetin: 3.68mg

Nutrients (% of daily need)

Calories: 47.75kcal (2.39%), Fat: 1.45g (2.22%), Saturated Fat: 0.2g (1.28%), Carbohydrates: 8.25g (2.75%), Net Carbohydrates: 5.95g (2.16%), Sugar: 4.32g (4.8%), Cholesterol: 0mg (0%), Sodium: 293.19mg (12.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.2g (4.41%), Vitamin K: 516.13µg (491.56%), Vitamin A: 3901.13IU (78.02%), Vitamin C: 24.77mg (30.02%), Manganese: 0.35mg (17.68%), Magnesium: 63.11mg (15.78%), Vitamin E: 2.07mg

(13.78%), Potassium: 423.72mg (12.11%), Copper: 0.22mg (11.25%), Iron: 1.92mg (10.64%), Fiber: 2.31g (9.23%), Vitamin B6: 0.16mg (8.15%), Calcium: 54.72mg (5.47%), Vitamin B2: 0.09mg (5.26%), Phosphorus: 50.67mg (5.07%), Vitamin B1: 0.07mg (4.93%), Vitamin B3: 0.98mg (4.89%), Folate: 18.45µg (4.61%), Vitamin B5: 0.28mg (2.84%), Zinc: 0.4mg (2.68%), Selenium: 0.97µg (1.39%)