



Swiss Chard Parmesan

READY IN



105 min.

SERVINGS



4

CALORIES



554 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 basil for the tomato sauce
- 4 servings eggs
- 4 servings olive oil extra virgin
- 4 servings flour all-purpose
- 4 servings basil fresh
- 4 servings mozzarella cheese hard
- 4 servings olive oil
- 1 small onion
- 4 servings parmesan freshly grated

- 4 servings plum tomatoes chopped
- 4 servings salt
- 4 servings pepper black freshly ground
- 4 servings swiss chard

Equipment

- frying pan
- sauce pan
- oven
- kitchen towels

Directions

- For the tomato sauce, heat the extra virgin olive oil in a saucepan, add the onion and sweat on a medium heat until softened. Reduce the heat to low, then add the tomatoes, basil leaves and salt and simmer for 25 minutes, stirring from time to time. Should the sauce appear dry, add a little hot water. Preheat the oven to 400°F. You want the white stalks and only the tender inner leaves of the Swiss chard. (The discarded harder green leaves can be used in another recipe or cooked as above.) Wash well and dry, then dust with flour. Beat the eggs, stir in 2 tablespoons grated Parmesan, the 1/2 tablespoon flour and a pinch of salt and pepper. Dip the chard in the beaten egg.
- Pour enough olive oil in a large frying pan to cover the base generously, then place over a medium-high heat. When hot, fry the chard on both sides until golden.
- Remove and drain on kitchen towel. Line a 8 x 8 1/2-inch ovenproof dish with some of the tomato sauce, then arrange a layer of the chard on top, followed by some of the mozzarella, Parmesan and basil leaves. Continue layering like this until you have used up all the ingredients, finishing with a cheese topping.
- Bake for about 35 minutes, until golden brown. Switch off the oven and leave the Parmigiana to settle in the oven for 10 minutes before serving sprinkled with extra grated Parmesan. More swiss chard recipes on Food Republic: [Swiss Chard Oshitashi Recipe](#)
- [Swiss Chard With Shiitake Butter Recipe](#)
- [Veggie Cakes Recipe With Chard, Ricotta And Saffron](#)

Nutrition Facts

■ PROTEIN 17.36% ■ FAT 74.91% ■ CARBS 7.73%

Properties

Glycemic Index:99.5, Glycemic Load:5.21, Inflammation Score:-9, Nutrition Score:22.879999938218%

Flavonoids

Catechin: 0.54mg, Catechin: 0.54mg, Catechin: 0.54mg, Catechin: 0.54mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 2.2mg, Kaempferol: 2.2mg, Kaempferol: 2.2mg, Kaempferol: 2.2mg Myricetin: 1.12mg, Myricetin: 1.12mg, Myricetin: 1.12mg, Myricetin: 1.12mg Quercetin: 4.35mg, Quercetin: 4.35mg, Quercetin: 4.35mg, Quercetin: 4.35mg

Nutrients (% of daily need)

Calories: 554.14kcal (27.71%), Fat: 46.37g (71.35%), Saturated Fat: 13.88g (86.74%), Carbohydrates: 10.76g (3.59%), Net Carbohydrates: 9.61g (3.5%), Sugar: 1.88g (2.09%), Cholesterol: 206.2mg (68.73%), Sodium: 990.68mg (43.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.18g (48.37%), Vitamin K: 326.82µg (311.26%), Vitamin A: 2993.49IU (59.87%), Calcium: 549.76mg (54.98%), Phosphorus: 425.86mg (42.59%), Selenium: 27.98µg (39.98%), Vitamin E: 5.33mg (35.51%), Vitamin B2: 0.46mg (26.84%), Vitamin B12: 1.39µg (23.17%), Zinc: 2.44mg (16.29%), Vitamin C: 12.65mg (15.33%), Magnesium: 58.4mg (14.6%), Manganese: 0.27mg (13.65%), Iron: 2.42mg (13.42%), Folate: 48.56µg (12.14%), Vitamin B5: 0.97mg (9.73%), Vitamin B6: 0.18mg (8.85%), Potassium: 290.42mg (8.3%), Vitamin B1: 0.12mg (8.02%), Vitamin D: 1.14µg (7.61%), Copper: 0.14mg (6.87%), Fiber: 1.15g (4.6%), Vitamin B3: 0.78mg (3.89%)