



Swiss Chard Sauteed with Lime



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



15 min.

SERVINGS



4

CALORIES



110 kcal

SIDE DISH

Ingredients



0.5 teaspoon kosher salt



0.5 lime



3 tablespoons olive oil extra-virgin divided



1 bunch swiss chard separated

Equipment

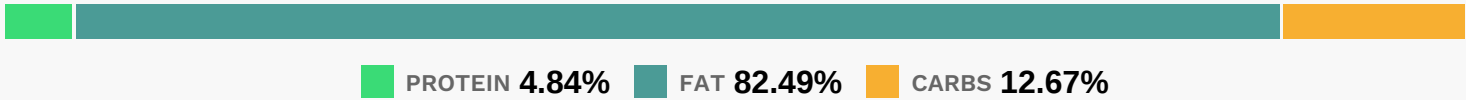


frying pan

Directions

- ☐ Chop the chard stems into 1/2-inch pieces. Stack the chard leaves, roll them tightly into a cylinder, and chop into 1/2-inch strips; chop the strips into halves.
- ☐ Heat about half the olive oil in a large non-stick skillet over medium heat. Cook chopped chard stems in hot oil until hot, about 1 minute. Stir the chard leaves with the stems; cook and stir together 1 minutes more.
- ☐ Drizzle remaining olive oil over the mixture and stir to coat. Continue cooking and stirring until the leaves are nearly wilted, 4 to 5 minutes.
- ☐ Remove from heat and immediately sprinkle kosher salt and squeeze lime half over the chard. Stir to season evenly.

Nutrition Facts



Properties

Glycemic Index:16, Glycemic Load:0.72, Inflammation Score:-10, Nutrition Score:14.20086953951%

Flavonoids

Catechin: 1.13mg, Catechin: 1.13mg, Catechin: 1.13mg, Catechin: 1.13mg Hesperetin: 3.6mg, Hesperetin: 3.6mg, Hesperetin: 3.6mg, Hesperetin: 3.6mg Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 4.35mg, Kaempferol: 4.35mg, Kaempferol: 4.35mg, Kaempferol: 4.35mg Myricetin: 2.33mg, Myricetin: 2.33mg, Myricetin: 2.33mg, Myricetin: 2.33mg Quercetin: 1.68mg, Quercetin: 1.68mg, Quercetin: 1.68mg, Quercetin: 1.68mg

Nutrients (% of daily need)

Calories: 109.58kcal (5.48%), Fat: 10.67g (16.41%), Saturated Fat: 1.47g (9.21%), Carbohydrates: 3.68g (1.23%), Net Carbohydrates: 2.25g (0.82%), Sugar: 0.97g (1.07%), Cholesterol: 0mg (0%), Sodium: 450.81mg (19.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.41g (2.82%), Vitamin K: 628.87µg (598.93%), Vitamin A: 4591.19IU (91.82%), Vitamin C: 24.94mg (30.23%), Vitamin E: 2.95mg (19.65%), Magnesium: 61.26mg (15.31%), Manganese: 0.28mg (13.8%), Potassium: 292.96mg (8.37%), Iron: 1.46mg (8.12%), Copper: 0.14mg (7%), Fiber: 1.43g (5.74%), Calcium: 41.3mg (4.13%), Vitamin B2: 0.07mg (4.07%), Vitamin B6: 0.08mg (3.89%), Phosphorus: 36.01mg (3.6%), Folate: 11.17µg (2.79%), Vitamin B1: 0.03mg (2.17%), Zinc: 0.28mg (1.87%), Vitamin B3: 0.32mg (1.58%), Vitamin B5: 0.15mg (1.47%), Selenium: 0.71µg (1.01%)