



WHATSHEATE



HEALTH SCORE

57%

## Swiss Chard with Beets, Goat Cheese, and Raisins



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



12

CALORIES



327 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 5 garlic cloves chopped
- ☐ 25.5 ounce log goat cheese fresh crumbled soft
- ☐ 1 cup golden raisins
- ☐ 0.8 cup green onions sliced ( 3)
- ☐ 2 jalapeño chiles with seeds thinly sliced
- ☐ 0.3 cup juice of lime fresh
- ☐ 0.3 cup olive oil

- ☐ 2 tablespoons pinenuts
- ☐ 1.5 pounds beets red ( 3 large)
- ☐ 1 large onion red halved lengthwise
- ☐ 4 pounds swiss chard
- ☐ 43.5 ounce juice reserved from tomatoes diced drained canned

## Equipment

- ☐ oven
- ☐ pot
- ☐ aluminum foil

## Directions

- ☐ Preheat oven to 400°F. Wrap beets individually in foil. Roast until beets are tender, about 1 hour. Cool. Peel beets, then cut into 1/2-inch cubes. (Can be prepared 2 days ahead. Cover; chill.)
- ☐ Fold Swiss chard leaves in half lengthwise and cut stalks away from leaves.
- ☐ Cut leaves coarsely into 1-inch pieces. Slice stalks thinly crosswise. Reserve stalks and leaves separately. Cook chopped leaves in large pot of boiling salted water until just tender, about 1 minute.
- ☐ Drain and reserve.
- ☐ Heat oil in heavy large pot over high heat.
- ☐ Add sliced stalks; sauté until starting to soften, about 8 minutes.
- ☐ Add onion and next 3 ingredients; sauté 3 minutes.
- ☐ Add drained tomatoes and 1 cup raisins. Reduce heat to medium and simmer until vegetables are soft, stirring occasionally, about 15 minutes.
- ☐ Add chard leaves to pot; stir to heat through.
- ☐ Remove from heat; add lime juice and stir to blend. Season to taste with salt and pepper.
- ☐ Transfer chard mixture to large platter.
- ☐ Sprinkle with beets, goat cheese, pine nuts, and remaining 2 tablespoons raisins.
- ☐ Serve warm or at room temperature.

# Nutrition Facts

PROTEIN 19.14% FAT 49.3% CARBS 31.56%

## Properties

Glycemic Index:22.81, Glycemic Load:9.09, Inflammation Score:-10, Nutrition Score:31.553478282431%

## Flavonoids

Catechin: 2.27mg, Catechin: 2.27mg, Catechin: 2.27mg, Catechin: 2.27mg Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 9.26mg, Kaempferol: 9.26mg, Kaempferol: 9.26mg, Kaempferol: 9.26mg Myricetin: 4.74mg, Myricetin: 4.74mg, Myricetin: 4.74mg, Myricetin: 4.74mg Quercetin: 6.9mg, Quercetin: 6.9mg, Quercetin: 6.9mg, Quercetin: 6.9mg

## Nutrients (% of daily need)

Calories: 326.57kcal (16.33%), Fat: 18.97g (29.18%), Saturated Fat: 9.59g (59.94%), Carbohydrates: 27.32g (9.11%), Net Carbohydrates: 21.31g (7.75%), Sugar: 16.42g (18.24%), Cholesterol: 27.71mg (9.24%), Sodium: 738.25mg (32.1%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.57g (33.14%), Vitamin K: 1276.6µg (1215.81%), Vitamin A: 10099.26IU (201.99%), Vitamin C: 64.62mg (78.32%), Manganese: 1.11mg (55.46%), Copper: 0.91mg (45.29%), Magnesium: 168.1mg (42.02%), Iron: 5.79mg (32.19%), Potassium: 1113.64mg (31.82%), Vitamin E: 4.64mg (30.92%), Phosphorus: 297.65mg (29.77%), Vitamin B2: 0.48mg (28.37%), Vitamin B6: 0.54mg (26.75%), Folate: 106.26µg (26.57%), Fiber: 6.01g (24.04%), Calcium: 218.95mg (21.9%), Vitamin B1: 0.19mg (12.39%), Zinc: 1.65mg (10.99%), Vitamin B3: 2.09mg (10.43%), Vitamin B5: 0.94mg (9.38%), Selenium: 3.92µg (5.6%), Vitamin B12: 0.11µg (1.91%), Vitamin D: 0.24µg (1.61%)