



 **69%**  
HEALTH SCORE

## Swiss Chard with Crisp Apples

 Vegetarian

 Vegan

 Gluten Free

 Dairy Free

 Very Healthy

READY IN



30 min.

SERVINGS



8

CALORIES



61 kcal

SIDE DISH

### Ingredients

- 1 tablespoon apple cider vinegar
- 1 tablespoon coconut aminos
- 1 large onion chopped
- 0.3 cup raisins
- 2 apples red cored crisp chopped (such as Honeycrisp)
- 8 servings pepper black freshly ground to taste
- 2 bunches swiss chard ( 1 pound 12 ounces)

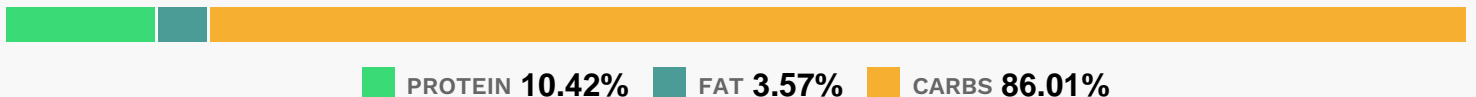
### Equipment

- bowl
- frying pan
- wok
- dutch oven

## Directions

- Place the raisins in a small bowl and pour enough hot water on them just to barely cover. Set aside.
- Cut the stems off of the chard. Trim and discard the bottoms of the stems if they're dry, and chop the stems into 1/4-inch slices. Set the sliced stems aside.
- Cut the leaves in half lengthwise and then slice into 1/2-inch strips. Keep the sliced leaves separate from the stems.
- Heat a deep, non-stick dutch oven or wok.
- Add the onions and cook, stirring, until they begin to brown. (If necessary, add water a tablespoon at a time to prevent sticking.)
- Add the chard stems and apples and cook for another 2 minutes.
- Drain the raisins, reserving the water.
- Add the raisins and the chard leaves to the pan and stir well.
- Add 1 tablespoon of the raisin water to the pan and cover tightly. Stirring every minute or two, cook until the chard is tender, about 6 minutes.
- Remove the lid and cook briefly to boil off any excess moisture.
- Remove from the heat, stir in the soy sauce and apple cider vinegar, and add salt and pepper to taste.
- Serve hot.

## Nutrition Facts



## Properties

Glycemic Index:27.73, Glycemic Load:4.49, Inflammation Score:-10, Nutrition Score:14.963478192039%

## Flavonoids

Cyanidin: 0.71mg, Cyanidin: 0.71mg, Cyanidin: 0.71mg, Cyanidin: 0.71mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 1.72mg, Catechin: 1.72mg, Catechin: 1.72mg, Catechin: 1.72mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 3.43mg, Epicatechin: 3.43mg, Epicatechin: 3.43mg, Epicatechin: 3.43mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg Kaempferol: 4.54mg, Kaempferol: 4.54mg, Kaempferol: 4.54mg, Kaempferol: 4.54mg Myricetin: 2.33mg, Myricetin: 2.33mg, Myricetin: 2.33mg, Myricetin: 2.33mg Quercetin: 7.28mg, Quercetin: 7.28mg, Quercetin: 7.28mg, Quercetin: 7.28mg

## **Nutrients (% of daily need)**

Calories: 61.34kcal (3.07%), Fat: 0.27g (0.42%), Saturated Fat: 0.05g (0.33%), Carbohydrates: 14.85g (4.95%), Net Carbohydrates: 11.9g (4.33%), Sugar: 6.36g (7.07%), Cholesterol: 0mg (0%), Sodium: 204.71mg (8.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.8g (3.6%), Vitamin K: 623.74µg (594.04%), Vitamin A: 4612.49IU (92.25%), Vitamin C: 26.23mg (31.79%), Manganese: 0.34mg (17.21%), Magnesium: 66.52mg (16.63%), Fiber: 2.94g (11.78%), Potassium: 400.39mg (11.44%), Vitamin E: 1.5mg (10.03%), Iron: 1.57mg (8.75%), Copper: 0.17mg (8.45%), Vitamin B6: 0.12mg (6.21%), Vitamin B2: 0.09mg (5.46%), Phosphorus: 48.65mg (4.86%), Calcium: 47.14mg (4.71%), Folate: 15.58µg (3.9%), Vitamin B1: 0.05mg (3.44%), Zinc: 0.33mg (2.2%), Vitamin B3: 0.41mg (2.07%), Vitamin B5: 0.18mg (1.83%), Selenium: 0.8µg (1.15%)