



## Swiss Chard with Garbanzo Beans and Fresh Tomatoes



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy



Popular

READY IN



25 min.

SERVINGS



4

CALORIES



123 kcal

SIDE DISH

### Ingredients

- ☐ 0.5 cup garbanzo beans drained
- ☐ 2 green onions chopped
- ☐ 0.5 juice of lemon juiced
- ☐ 2 tablespoons olive oil
- ☐ 4 servings salt and pepper to taste
- ☐ 1 shallots chopped
- ☐ 1 bunch swiss chard red rinsed chopped

☐ 1 tomatoes sliced

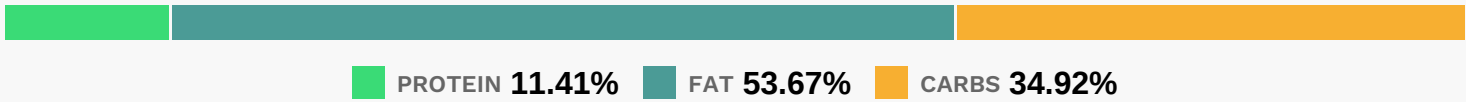
## Equipment

☐ frying pan

## Directions

- ☐ Heat olive oil in a large skillet. Stir in shallot and green onions; cook and stir for 3 to 5 minutes, or until soft and fragrant. Stir in garbanzo beans, and season with salt and pepper; heat through.
- ☐ Place chard in pan, and cook until wilted.
- ☐ Add tomato slices, squeeze lemon juice over greens, and heat through. Plate, and season with salt and pepper to taste.

## Nutrition Facts



## Properties

Glycemic Index:39.44, Glycemic Load:2.22, Inflammation Score:-10, Nutrition Score:17.799565284149%

## Flavonoids

Catechin: 1.13mg, Catechin: 1.13mg, Catechin: 1.13mg, Catechin: 1.13mg Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.26mg, Naringenin: 0.26mg, Naringenin: 0.26mg, Naringenin: 0.26mg 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: 4.46mg, Kaempferol: 4.46mg, Kaempferol: 4.46mg, Kaempferol: 4.46mg Myricetin: 2.37mg, Myricetin: 2.37mg, Myricetin: 2.37mg, Myricetin: 2.37mg Quercetin: 2.48mg, Quercetin: 2.48mg, Quercetin: 2.48mg, Quercetin: 2.48mg

## Nutrients (% of daily need)

Calories: 122.53kcal (6.13%), Fat: 7.77g (11.95%), Saturated Fat: 1.06g (6.6%), Carbohydrates: 11.37g (3.79%), Net Carbohydrates: 7.88g (2.86%), Sugar: 3.34g (3.72%), Cholesterol: 0mg (0%), Sodium: 358.4mg (15.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.72g (7.43%), Vitamin K: 642.43µg (611.84%), Vitamin A: 4908.98IU (98.18%), Vitamin C: 30.06mg (36.43%), Manganese: 0.55mg (27.48%), Magnesium: 76.71mg (19.18%), Vitamin E: 2.7mg (18.03%), Folate: 57.09µg (14.27%), Fiber: 3.49g (13.98%), Potassium: 458.19mg (13.09%), Iron: 2.23mg (12.41%), Copper: 0.24mg (11.79%), Phosphorus: 82.59mg (8.26%), Vitamin B6: 0.15mg (7.71%), Calcium: 58.42mg (5.84%), Vitamin B2: 0.09mg (5.46%), Vitamin B1: 0.07mg (4.87%), Zinc: 0.69mg (4.58%), Vitamin B3: 0.64mg

(3.19%), Vitamin B5: 0.24mg (2.43%), Selenium: 1.55µg (2.21%)