



# Swiss Chard with Hot Seasoned Vinegar

 Vegetarian  Vegan  Gluten Free  Dairy Free  Very Healthy

READY IN



45 min.

SERVINGS



6

CALORIES



60 kcal

SIDE DISH

## Ingredients

- 2 pounds collard greens
- 2 garlic cloves crushed
- 2 jalapeño peppers
- 4 thyme sprigs
- 0.3 cup water
- 1 cup vinegar white

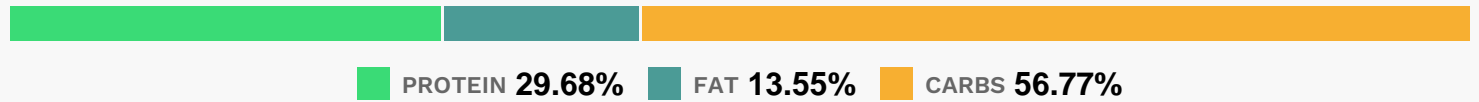
## Equipment

- dutch oven

## Directions

- Pierce peppers with a fork.
- Combine peppers, vinegar, thyme, and garlic in a glass jar; let stand 2 to 3 days. Strain seasoned vinegar before serving.
- Remove stems and center ribs from the Swiss chard, and wash the leaves thoroughly.
- Combine Swiss chard and water in a large Dutch oven; cover and cook over medium heat for 5 minutes or until tender.
- Serve with the seasoned vinegar.

## Nutrition Facts



## Properties

Glycemic Index:26.17, Glycemic Load:0.19, Inflammation Score:-10, Nutrition Score:23.541738997335%

## Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.49mg, Luteolin: 0.49mg, Luteolin: 0.49mg, Luteolin: 0.49mg Kaempferol: 13.22mg, Kaempferol: 13.22mg, Kaempferol: 13.22mg, Kaempferol: 13.22mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 4.14mg, Quercetin: 4.14mg, Quercetin: 4.14mg

## Nutrients (% of daily need)

Calories: 59.55kcal (2.98%), Fat: 0.96g (1.47%), Saturated Fat: 0.09g (0.57%), Carbohydrates: 9.01g (3%), Net Carbohydrates: 2.72g (0.99%), Sugar: 0.91g (1.02%), Cholesterol: 0mg (0%), Sodium: 27.42mg (1.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.71g (9.42%), Vitamin K: 661.61µg (630.11%), Vitamin A: 7670.67IU (153.41%), Vitamin C: 60.29mg (73.07%), Manganese: 1.05mg (52.55%), Folate: 196.63µg (49.16%), Calcium: 358.69mg (35.87%), Fiber: 6.29g (25.17%), Vitamin E: 3.58mg (23.9%), Vitamin B6: 0.28mg (14.19%), Vitamin B2: 0.2mg (12%), Magnesium: 43.36mg (10.84%), Potassium: 342.54mg (9.79%), Vitamin B3: 1.2mg (6%), Vitamin B1: 0.09mg (5.72%), Iron: 0.87mg (4.82%), Phosphorus: 42.95mg (4.29%), Vitamin B5: 0.43mg (4.27%), Copper: 0.08mg (4.13%), Selenium: 2.34µg (3.34%), Zinc: 0.35mg (2.35%)