



HEALTH SCORE

67%

Swiss Chard with Olives



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy



Popular

READY IN



15 min.

SERVINGS



2

CALORIES



175 kcal

SIDE DISH

Ingredients

- ☐ 1 ounce olives green pitted sliced roughly chopped (10 medium)
- ☐ 0.5 teaspoon rosemary fresh minced
- ☐ 1 green onion chopped
- ☐ 0.5 teaspoon capers
- ☐ 2 servings olive oil extra virgin
- ☐ 1 large bunch swiss chard dry rinsed
- ☐ 2 servings pepper black freshly ground to taste

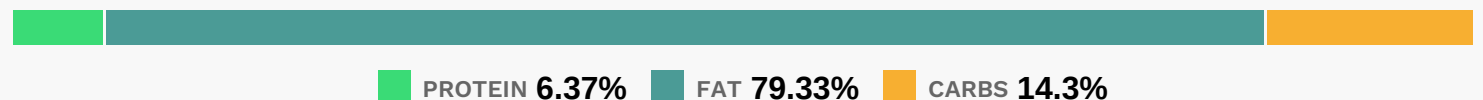
Equipment

- ☐ frying pan
- ☐ knife
- ☐ tongs

Directions

- ☐ Make olive, rosemary, green onion, caper mixture:
- ☐ Mix together the olives, rosemary, green onion, and capers with a tablespoon of olive oil and let sit while you prep the chard.
- ☐ Prep chard leaves and stems: Use a knife to cut along the edges of the main stem of each leaf of chard, remove the stems.
- ☐ Cut the stems into 1/2-inch slices and set aside.
- ☐ Cut the leaves separately into 1-inch thick crosswise ribbons. Keep the leaves and the stems separate as you will be cooking them separately.
- ☐ Heat a large, stick-free sauté pan on medium high heat. Coat the bottom of the pan with about a tablespoon of olive oil, just enough to coat. When the oil is hot, add the chard stems. Cook for a couple of minutes, stirring often, until they begin to soften.
- ☐ Add olive mixture, then chard leaves: Stir in the olive mixture. Cook for a minute more, then add the chopped chard leaves to the pan.
- ☐ Use tongs or two large spoons to toss the chard leaves in with the rest of the mixture, so that the chard gets coated with olive oil.
- ☐ Cover, reduce heat: Cover the pan and reduce the heat to low.
- ☐ Let cook a few minutes, lift the cover every once in a while to turn the leaves over in the pan. Once the chard has all wilted, remove from heat.
- ☐ Sprinkle with black pepper to taste.

Nutrition Facts



Properties

Glycemic Index:48, Glycemic Load:1.13, Inflammation Score:-10, Nutrition Score:20.318260949591%

Flavonoids

Catechin: 2.25mg, Catechin: 2.25mg, Catechin: 2.25mg, Catechin: 2.25mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Kaempferol: 9.44mg, Kaempferol: 9.44mg, Kaempferol: 9.44mg, Kaempferol: 9.44mg Myricetin: 4.65mg, Myricetin: 4.65mg, Myricetin: 4.65mg, Myricetin: 4.65mg Quercetin: 4.8mg, Quercetin: 4.8mg, Quercetin: 4.8mg, Quercetin: 4.8mg

Nutrients (% of daily need)

Calories: 175.13kcal (8.76%), Fat: 16.49g (25.37%), Saturated Fat: 2.27g (14.19%), Carbohydrates: 6.69g (2.23%), Net Carbohydrates: 3.62g (1.32%), Sugar: 1.87g (2.08%), Cholesterol: 0mg (0%), Sodium: 555.74mg (24.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.98g (5.96%), Vitamin K: 1266.33µg (1206.03%), Vitamin A: 9291.5IU (185.83%), Vitamin C: 46.15mg (55.95%), Vitamin E: 5.43mg (36.2%), Magnesium: 124.62mg (31.15%), Manganese: 0.57mg (28.6%), Potassium: 592.85mg (16.94%), Iron: 2.96mg (16.42%), Copper: 0.29mg (14.69%), Fiber: 3.07g (12.27%), Calcium: 89.05mg (8.91%), Vitamin B2: 0.14mg (8.34%), Vitamin B6: 0.16mg (7.85%), Phosphorus: 72.01mg (7.2%), Folate: 25.42µg (6.36%), Vitamin B1: 0.07mg (4.43%), Zinc: 0.57mg (3.81%), Vitamin B3: 0.67mg (3.35%), Vitamin B5: 0.27mg (2.67%), Selenium: 1.52µg (2.18%)