



Swiss Chard with Onions



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



67 kcal

SIDE DISH

Ingredients

- ☐ 0.1 teaspoon pepper black
- ☐ 2 teaspoons olive oil
- ☐ 2 cups onion thinly sliced
- ☐ 0.3 teaspoon salt
- ☐ 12 ounces torn swiss chard
- ☐ 1 teaspoon worcestershire sauce

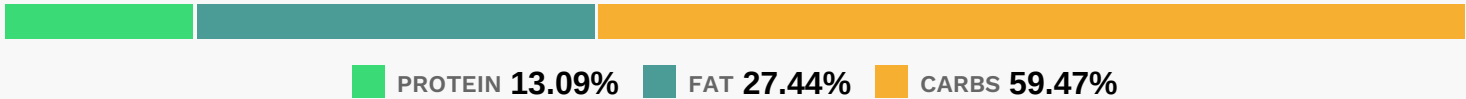
Equipment

- ☐ frying pan

Directions

- ☐ Heat oil in a large nonstick skillet over medium-high heat.
- ☐ Add onion; saut 5 minutes or until lightly browned.
- ☐ Add chard; stir-fry 10 minutes or until wilted. Stir in Worcestershire, salt, and pepper.

Nutrition Facts



Properties

Glycemic Index:22.75, Glycemic Load:2.24, Inflammation Score:-10, Nutrition Score:16.665652114412%

Flavonoids

Catechin: 1.28mg, Catechin: 1.28mg, Catechin: 1.28mg, Catechin: 1.28mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg Kaempferol: 5.45mg, Kaempferol: 5.45mg, Kaempferol: 5.45mg, Kaempferol: 5.45mg Myricetin: 2.66mg, Myricetin: 2.66mg, Myricetin: 2.66mg, Myricetin: 2.66mg Quercetin: 18.11mg, Quercetin: 18.11mg, Quercetin: 18.11mg, Quercetin: 18.11mg

Nutrients (% of daily need)

Calories: 67.15kcal (3.36%), Fat: 2.25g (3.46%), Saturated Fat: 0.34g (2.1%), Carbohydrates: 10.98g (3.66%), Net Carbohydrates: 8.24g (3%), Sugar: 4.48g (4.98%), Cholesterol: 0mg (0%), Sodium: 349.25mg (15.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.42g (4.83%), Vitamin K: 707.54µg (673.85%), Vitamin A: 5204.7IU (104.09%), Vitamin C: 31.63mg (38.34%), Manganese: 0.42mg (21.14%), Magnesium: 77.19mg (19.3%), Potassium: 452.01mg (12.91%), Vitamin E: 1.91mg (12.76%), Fiber: 2.74g (10.95%), Iron: 1.8mg (9.98%), Copper: 0.19mg (9.37%), Vitamin B6: 0.18mg (9.02%), Folate: 27.24µg (6.81%), Calcium: 63.77mg (6.38%), Phosphorus: 63.32mg (6.33%), Vitamin B2: 0.1mg (5.89%), Vitamin B1: 0.07mg (4.8%), Zinc: 0.45mg (2.97%), Vitamin B5: 0.25mg (2.46%), Vitamin B3: 0.44mg (2.22%), Selenium: 1.18µg (1.68%)