



## Swiss Chard with Pine Nuts and Raisins

 Vegetarian  Gluten Free

READY IN



41 min.

SERVINGS



25

CALORIES



48 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 0.5 cup golden raisins
- 0.5 cup pinenuts
- 2 tablespoons red wine vinegar
- 25 servings salt and pepper
- 4 bunches swiss chard
- 3 tablespoons butter unsalted

### Equipment

- bowl

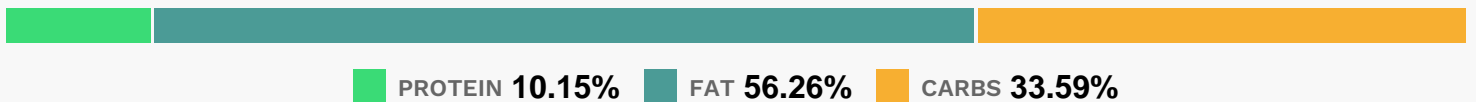
frying pan

pot

## Directions

- Toast pine nuts in a small, dry skillet over medium-high heat, shaking skillet constantly, until lightly browned and fragrant, 2 to 3 minutes.
- Transfer to a bowl to cool.
- Cut stems from chard; trim ends.
- Cut stems into 1/4-inch slices. Slice leaves crosswise into 1/2-inch-wide strips.
- Melt butter in a pot over medium-high heat. Cook chard stems, stirring, until softened, 2 to 4 minutes. Stir in raisins and 1/2 cup water. Cover, reduce heat to low and simmer for 3 minutes or until raisins are soft.
- Add leaves in batches, pushing down cooked greens to make room for new ones as they wilt. Cook, stirring often, until chard is tender but still slightly crisp, 3 to 5 minutes.
- Just before serving, drain off any excess liquid and toss chard mixture with pine nuts and vinegar. Season with salt and pepper.
- Serve hot.

## Nutrition Facts



## Properties

Glycemic Index:3.55, Glycemic Load:1.57, Inflammation Score:-9, Nutrition Score:11.471304371467%

## Flavonoids

Catechin: 0.72mg, Catechin: 0.72mg, Catechin: 0.72mg, Catechin: 0.72mg Kaempferol: 2.86mg, Kaempferol: 2.86mg, Kaempferol: 2.86mg, Kaempferol: 2.86mg Myricetin: 1.49mg, Myricetin: 1.49mg, Myricetin: 1.49mg, Myricetin: 1.49mg Quercetin: 1.13mg, Quercetin: 1.13mg, Quercetin: 1.13mg, Quercetin: 1.13mg

## Nutrients (% of daily need)

Calories: 48.32kcal (2.42%), Fat: 3.32g (5.11%), Saturated Fat: 1.01g (6.34%), Carbohydrates: 4.46g (1.49%), Net Carbohydrates: 3.48g (1.26%), Sugar: 2.34g (2.6%), Cholesterol: 3.61mg (1.2%), Sodium: 296.71mg (12.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.35g (2.69%), Vitamin K: 400.07µg (381.02%), Vitamin A: 2978.45IU (59.57%), Manganese: 0.42mg (21.17%), Vitamin C: 14.52mg (17.6%), Magnesium: 46.76mg (11.69%), Vitamin E: 1.2mg

(8.01%), Copper: 0.13mg (6.63%), Potassium: 220.58mg (6.3%), Iron: 1.07mg (5.96%), Phosphorus: 41.44mg (4.14%),  
Fiber: 0.98g (3.94%), Vitamin B2: 0.06mg (3.26%), Vitamin B6: 0.06mg (2.97%), Calcium: 27.04mg (2.7%), Zinc:  
0.36mg (2.39%), Vitamin B1: 0.03mg (1.96%), Folate: 7.78µg (1.94%), Vitamin B3: 0.34mg (1.72%)