



HEALTH SCORE

82%

Swiss Chard with Raisins and Almonds



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



30 min.

SERVINGS



4

CALORIES



227 kcal

SIDE DISH

Ingredients



0.3 cup almonds with skins coarsely chopped



0.5 cup golden raisins



2.5 tablespoons olive oil extra-virgin divided



0.3 teaspoon paprika smoked spanish



2 pounds swiss chard coarsely chopped



0.5 cup water

Equipment



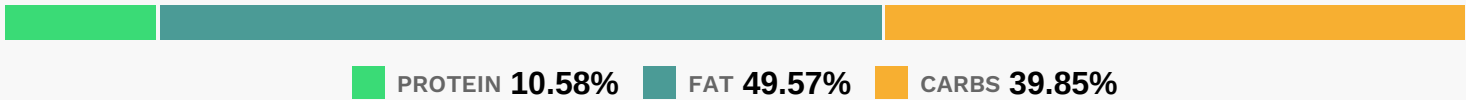
frying pan

☐ pot

Directions

- ☐ Cook onion with 1/4 teaspoon salt in 2 tablespoons oil in a 5- to 6-quart heavy pot over medium heat, stirring, until softened.
- ☐ Sprinkle with paprika and cook, stirring, 1 minute.
- ☐ Add chard in batches, stirring frequently, until wilted, then add raisins and water. Cook, covered, stirring occasionally, until chard is tender, about 7 minutes. Season with salt.
- ☐ Cook almonds in remaining 1/2 tablespoon oil in a small heavy skillet over medium-low heat, stirring frequently, until golden, 3 to 5 minutes.
- ☐ Sprinkle almonds over chard.

Nutrition Facts



Properties

Glycemic Index:28.42, Glycemic Load:9.39, Inflammation Score:-10, Nutrition Score:28.624782396399%

Flavonoids

Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg Catechin: 3.52mg, Catechin: 3.52mg, Catechin: 3.52mg, Catechin: 3.52mg Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg Kaempferol: 13.68mg, Kaempferol: 13.68mg, Kaempferol: 13.68mg Myricetin: 7.03mg, Myricetin: 7.03mg, Myricetin: 7.03mg, Myricetin: 7.03mg Quercetin: 5.46mg, Quercetin: 5.46mg, Quercetin: 5.46mg, Quercetin: 5.46mg

Nutrients (% of daily need)

Calories: 227.28kcal (11.36%), Fat: 13.76g (21.17%), Saturated Fat: 1.65g (10.28%), Carbohydrates: 24.89g (8.3%), Net Carbohydrates: 19.38g (7.05%), Sugar: 13.62g (15.14%), Cholesterol: 0mg (0%), Sodium: 487.08mg (21.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.61g (13.22%), Vitamin K: 1888.41µg (1798.49%), Vitamin A: 13932.51IU (278.65%), Vitamin C: 68.62mg (83.18%), Manganese: 1.09mg (54.61%), Magnesium: 214.7mg (53.67%), Vitamin E: 7.89mg (52.62%), Potassium: 1063.22mg (30.38%), Copper: 0.57mg (28.47%), Iron: 4.81mg (26.74%), Fiber: 5.51g (22.06%), Vitamin B2: 0.34mg (20.13%), Phosphorus: 168.55mg (16.86%), Calcium: 150.58mg (15.06%), Vitamin B6:

0.3mg (14.9%), Folate: 36.29µg (9.07%), Zinc: 1.16mg (7.74%), Vitamin B1: 0.11mg (7.39%), Vitamin B3: 1.45mg (7.25%), Vitamin B5: 0.46mg (4.61%), Selenium: 2.54µg (3.63%)