



HEALTH SCORE

100%

Swiss Chard with Raisins and Pine Nuts



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



30 min.

SERVINGS



4

CALORIES



309 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup golden raisins finely chopped
- ☐ 0.3 cup olive oil
- ☐ 1 medium onion finely chopped
- ☐ 2.5 ounces pinenuts
- ☐ 1.5 pounds swiss chard red (preferably rainbow or ; from 2 bunches)
- ☐ 1 cup water

Equipment

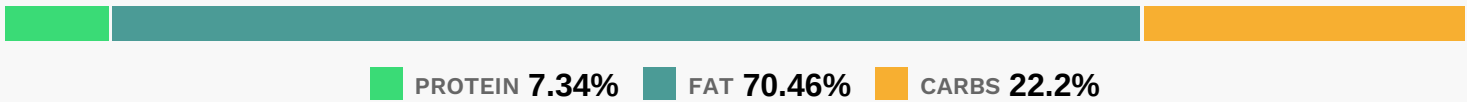
- ☐ paper towels

- ☐ pot
- ☐ slotted spoon

Directions

- ☐ Tear chard leaves from stems, then coarsely chop stems and leaves separately.
- ☐ Toast nuts in oil in a wide 6- to 8-quart heavy pot over moderate heat, stirring constantly, until golden, 1 1/2 to 2 minutes, then transfer with a slotted spoon to paper towels to drain and season with salt.
- ☐ Cook onion in oil remaining in pot, stirring occasionally, 1 minute, then add chard stems and cook, stirring occasionally, 2 minutes.
- ☐ Add raisins and 1/2 cup water and simmer, covered, until stems are softened, about 3 minutes.
- ☐ Add chard leaves and remaining 1/2 cup water and simmer, partially covered, stirring occasionally, until leaves are tender, about 3 minutes. Season with salt and pepper.
- ☐ Serve sprinkled with nuts.

Nutrition Facts



Properties

Glycemic Index:28.92, Glycemic Load:5.61, Inflammation Score:-10, Nutrition Score:28.402608508649%

Flavonoids

Catechin: 2.55mg, Catechin: 2.55mg, Catechin: 2.55mg, Catechin: 2.55mg 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: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 10.29mg, Kaempferol: 10.29mg, Kaempferol: 10.29mg, Kaempferol: 10.29mg Myricetin: 5.28mg, Myricetin: 5.28mg, Myricetin: 5.28mg, Myricetin: 5.28mg Quercetin: 9.54mg, Quercetin: 9.54mg, Quercetin: 9.54mg, Quercetin: 9.54mg

Nutrients (% of daily need)

Calories: 309.27kcal (15.46%), Fat: 26.03g (40.04%), Saturated Fat: 2.81g (17.55%), Carbohydrates: 18.46g (6.15%), Net Carbohydrates: 14.25g (5.18%), Sugar: 9.04g (10.04%), Cholesterol: 0mg (0%), Sodium: 368.08mg (16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.1g (12.2%), Vitamin K: 1429.91µg (1361.82%), Vitamin A: 10408.83IU (208.18%), Manganese: 2.25mg (112.28%), Vitamin C: 53.5mg (64.84%), Magnesium: 188.77mg (47.19%), Vitamin E: 6.83mg (45.52%), Copper: 0.59mg (29.57%), Potassium: 858.34mg (24.52%), Iron: 4.34mg (24.1%),

Phosphorus: 198.52mg (19.85%), Fiber: 4.21g (16.83%), Vitamin B2: 0.22mg (12.83%), Vitamin B6: 0.25mg (12.37%),
Zinc: 1.84mg (12.25%), Calcium: 102.62mg (10.26%), Vitamin B1: 0.15mg (9.73%), Folate: 35.33µg (8.83%), Vitamin
B3: 1.59mg (7.97%), Vitamin B5: 0.39mg (3.95%), Selenium: 1.86µg (2.65%)