



Swiss Chard with Serrano Chile Vinegar 2



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



339 kcal

SIDE DISH

Ingredients

- ☐ 8 ounces bacon cut into small dice
- ☐ 2 cloves garlic thinly sliced
- ☐ 4 servings kosher salt
- ☐ 2 medium onions red halved thinly sliced
- ☐ 4 servings salt and pepper freshly ground
- ☐ 4 serrano chiles coarsely chopped
- ☐ 2.5 pounds swiss chard
- ☐ 2 cups citrus champagne vinegar

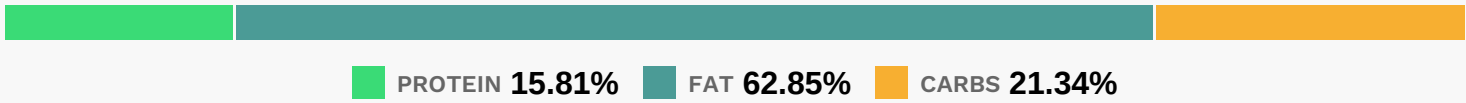
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ sieve
- ☐ slotted spoon

Directions

- ☐ Tear the Swiss chard leaves from the thick white stalks. Discard the stalks, coarsely chop leaves and set aside.
- ☐ Heat a large skillet over medium-high heat.
- ☐ Add the bacon and cook until golden brown and the fat has rendered.
- ☐ Remove the bacon to a plate with a slotted spoon.
- ☐ Add the onions and cook in the rendered fat until soft.
- ☐ Add the garlic and cook for an additional minute.
- ☐ Add the Swiss chard, season with salt and pepper and stir to coat the leaves in the fat. Cook until the leaves have completely wilted.
- ☐ Add the bacon back to the pan and toss to combine.
- ☐ Add the Serrano Chile Vinegar and continue cooking for 2 minutes.
- ☐ Serve with additional vinegar on the side.
- ☐ Bring the chiles, vinegar and a teaspoon of salt to a boil in a medium nonreactive saucepan.
- ☐ Remove from the heat, pour into a bowl, cover and let steep at room temperature. Cool in the refrigerator. Strain through a fine strainer into a bowl or glass jar.

Nutrition Facts



Properties

Glycemic Index:22.25, Glycemic Load:3.22, Inflammation Score:-10, Nutrition Score:33.501304346582%

Flavonoids

Catechin: 4.25mg, Catechin: 4.25mg, Catechin: 4.25mg, Catechin: 4.25mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 16.8mg, Kaempferol: 16.8mg, Kaempferol: 16.8mg, Kaempferol: 16.8mg Myricetin: 8.83mg, Myricetin: 8.83mg, Myricetin: 8.83mg, Myricetin: 8.83mg Quercetin: 18.39mg, Quercetin: 18.39mg, Quercetin: 18.39mg, Quercetin: 18.39mg

Nutrients (% of daily need)

Calories: 339.16kcal (16.96%), Fat: 23.16g (35.63%), Saturated Fat: 7.65g (47.82%), Carbohydrates: 17.69g (5.9%), Net Carbohydrates: 11.96g (4.35%), Sugar: 5.7g (6.33%), Cholesterol: 37.42mg (12.47%), Sodium: 1379.39mg (59.97%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.11g (26.22%), Vitamin K: 2353.96µg (2241.87%), Vitamin A: 17417IU (348.34%), Vitamin C: 92.88mg (112.58%), Magnesium: 248.42mg (62.11%), Manganese: 1.21mg (60.35%), Potassium: 1338.01mg (38.23%), Vitamin E: 5.66mg (37.7%), Iron: 6.07mg (33.72%), Copper: 0.58mg (28.86%), Vitamin B6: 0.55mg (27.32%), Phosphorus: 242.26mg (24.23%), Fiber: 5.72g (22.9%), Selenium: 14.46µg (20.66%), Vitamin B1: 0.3mg (20.1%), Vitamin B2: 0.32mg (18.97%), Vitamin B3: 3.58mg (17.91%), Calcium: 170.85mg (17.09%), Folate: 51.56µg (12.89%), Zinc: 1.85mg (12.35%), Vitamin B5: 0.89mg (8.91%), Vitamin B12: 0.28µg (4.72%), Vitamin D: 0.23µg (1.51%)