



 100%
HEALTH SCORE

Swiss Chard with White Beans and Job's Tears

 Vegetarian  Vegan  Gluten Free  Dairy Free  Very Healthy

READY IN



95 min.

SERVINGS



4

CALORIES



231 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 teaspoons balsamic vinegar
- 15 ounce canned tomatoes diced canned
- 1 bunch swiss chard
- 2 teaspoons basil dried
- 4 cloves garlic minced
- 16 ounces cannellini beans drained (1 can,)
- 8 kalamata olives sliced

- 2 tablespoons nutritional yeast
- 1 large onion chopped
- 4 servings pepper black generous
- 0.3 teaspoon pepper red
- 4 servings salt to taste

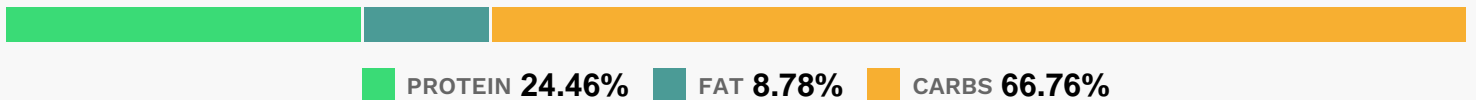
Equipment

- frying pan

Directions

- Remove the stems from the chard just where the leaf meets the stem. Chop each stem into 1/2-inch pieces and set aside. Slice the leaves into 1/2-inch slices and keep separate from the stems.
- Heat a large, non-stick skillet over medium high heat.
- Add the chard stems and the onion and cook, stirring regularly, until the onion begins to turn golden.
- Add water a tablespoon at a time to prevent sticking, if necessary.
- Add the garlic and red pepper flakes and cook for another minute.
- Add the cooked Job's tears, beans, tomatoes, basil, and olives and bring to a simmer.
- Add the chard leaves, reduce heat to medium, and cover tightly. Cook, stirring occasionally, until chard is tender (allow 5-12 minutes, depending on your taste).
- Add the nutritional yeast and vinegar, and salt and pepper to taste

Nutrition Facts



Properties

Glycemic Index:52.25, Glycemic Load:3.97, Inflammation Score:-10, Nutrition Score:30.314782598744%

Flavonoids

Catechin: 1.13mg, Catechin: 1.13mg, Catechin: 1.13mg, Catechin: 1.13mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 4.6mg, Kaempferol: 4.6mg, Kaempferol: 4.6mg, Kaempferol: 4.6mg Myricetin: 2.38mg, Myricetin: 2.38mg, Myricetin: 2.38mg, Myricetin: 2.38mg Quercetin: 9.31mg, Quercetin: 9.31mg, Quercetin: 9.31mg, Quercetin: 9.31mg

Nutrients (% of daily need)

Calories: 231.18kcal (11.56%), Fat: 2.43g (3.74%), Saturated Fat: 0.42g (2.62%), Carbohydrates: 41.62g (13.87%), Net Carbohydrates: 28.31g (10.29%), Sugar: 7.56g (8.4%), Cholesterol: 0mg (0%), Sodium: 625.97mg (27.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.25g (30.51%), Vitamin K: 637.32µg (606.97%), Vitamin A: 4890.49IU (97.81%), Manganese: 1.22mg (61.13%), Fiber: 13.32g (53.27%), Vitamin C: 37.47mg (45.42%), Folate: 149.04µg (37.26%), Magnesium: 148.31mg (37.08%), Potassium: 1204.02mg (34.4%), Iron: 6.04mg (33.56%), Copper: 0.66mg (32.8%), Phosphorus: 273.79mg (27.38%), Vitamin B6: 0.46mg (23.03%), Vitamin E: 3.16mg (21.09%), Vitamin B1: 0.31mg (20.98%), Calcium: 182.57mg (18.26%), Vitamin B3: 2.49mg (12.47%), Vitamin B2: 0.21mg (12.41%), Zinc: 1.7mg (11.34%), Selenium: 6.69µg (9.56%), Vitamin B5: 0.8mg (7.99%)