



WHATSheATE



Warm Bacon Vinaigrette Swiss Chard



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



57 kcal

SIDE DISH

Ingredients

- ☐ 2 slices applewood-smoked bacon
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 2 teaspoons cider vinegar
- ☐ 6 cups swiss chard chopped

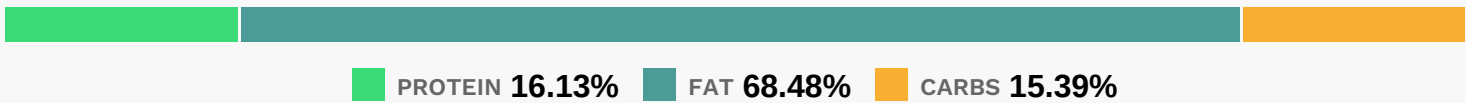
Equipment

- ☐ frying pan
- ☐ whisk

Directions

- ☐ Heat a medium nonstick skillet over medium heat.
- ☐ Add bacon to pan; cook until crisp.
- ☐ Remove bacon from pan; crumble.
- ☐ Remove pan from heat.
- ☐ Add vinegar and freshly ground black pepper to pan, stirring with a whisk.
- ☐ Pour vinegar mixture over Swiss chard; toss.

Nutrition Facts



Properties

Glycemic Index:26, Glycemic Load:0.39, Inflammation Score:-9, Nutrition Score:11.670000080181%

Flavonoids

Catechin: 0.81mg, Catechin: 0.81mg, Catechin: 0.81mg, Catechin: 0.81mg Kaempferol: 3.13mg, Kaempferol: 3.13mg, Kaempferol: 3.13mg, Kaempferol: 3.13mg Myricetin: 1.67mg, Myricetin: 1.67mg, Myricetin: 1.67mg, Myricetin: 1.67mg Quercetin: 1.19mg, Quercetin: 1.19mg, Quercetin: 1.19mg, Quercetin: 1.19mg

Nutrients (% of daily need)

Calories: 56.97kcal (2.85%), Fat: 4.48g (6.89%), Saturated Fat: 1.48g (9.25%), Carbohydrates: 2.26g (0.75%), Net Carbohydrates: 1.37g (0.5%), Sugar: 0.6g (0.67%), Cholesterol: 7.26mg (2.42%), Sodium: 187.99mg (8.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.37g (4.75%), Vitamin K: 448.4µg (427.05%), Vitamin A: 3307.39IU (66.15%), Vitamin C: 16.2mg (19.64%), Magnesium: 45.4mg (11.35%), Manganese: 0.22mg (11.05%), Vitamin E: 1.07mg (7.13%), Potassium: 229.93mg (6.57%), Iron: 1.03mg (5.75%), Copper: 0.1mg (5.16%), Vitamin B6: 0.08mg (4.15%), Phosphorus: 41.08mg (4.11%), Selenium: 2.71µg (3.87%), Fiber: 0.9g (3.58%), Vitamin B1: 0.05mg (3.47%), Vitamin B2: 0.06mg (3.4%), Vitamin B3: 0.66mg (3.3%), Calcium: 28.82mg (2.88%), Zinc: 0.33mg (2.18%), Folate: 7.58µg (1.9%), Vitamin B5: 0.16mg (1.56%)