



Warm Swiss Chard and Mushroom Salad

 Vegetarian  Gluten Free  Very Healthy

READY IN



25 min.

SERVINGS



2

CALORIES



189 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 3 tablespoons balsamic vinegar
- 2 tablespoons cheese blue crumbled
- 10 crimini mushrooms sliced
- 2 cloves garlic minced
- 12 grape tomatoes quartered
- 1 pinch pepper black to taste
- 1 tablespoon olive oil
- 0.3 cup onion chopped

1 bunch swiss chard cut into thin strips

Equipment

bowl

frying pan

Directions

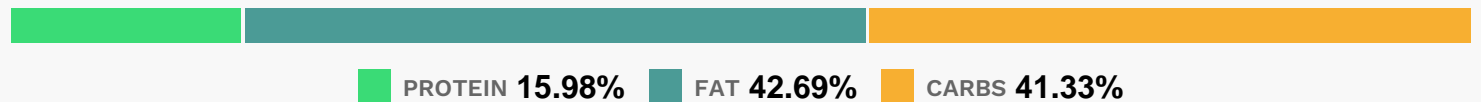
Heat the olive oil in a skillet over medium-low heat. Cook the garlic in the oil until just fragrant, about 1 minute.

Add the Swiss chard to the garlic and cook until wilted, 3 to 5 minutes; transfer the chard and garlic to a bowl, reserving any liquid in the skillet and returning it to the heat.

Cook the mushrooms and onion to the reserved liquid in the skillet until warmed, 2 to 3 minutes.

Pour the balsamic vinegar over the mushroom and onion mixture; cook and stir another 2 to 3 minutes; add to the bowl with the chard mixture along with the tomatoes. Gently mix to incorporate. Toss with the blue cheese. Season with salt and pepper to serve.

Nutrition Facts



Properties

Glycemic Index:118, Glycemic Load:4.86, Inflammation Score:-10, Nutrition Score:32.413913151492%

Flavonoids

Catechin: 2.25mg, Catechin: 2.25mg, Catechin: 2.25mg, Catechin: 2.25mg Naringenin: 0.69mg, Naringenin: 0.69mg, Naringenin: 0.69mg, Naringenin: 0.69mg 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: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 8.93mg, Kaempferol: 8.93mg, Kaempferol: 8.93mg, Kaempferol: 8.93mg Myricetin: 4.84mg, Myricetin: 4.84mg, Myricetin: 4.84mg, Myricetin: 4.84mg Quercetin: 8mg, Quercetin: 8mg, Quercetin: 8mg, Quercetin: 8mg

Nutrients (% of daily need)

Calories: 189.17kcal (9.46%), Fat: 9.65g (14.85%), Saturated Fat: 2.37g (14.84%), Carbohydrates: 21.02g (7.01%), Net Carbohydrates: 16.38g (5.96%), Sugar: 10.55g (11.73%), Cholesterol: 5.25mg (1.75%), Sodium: 418.08mg (18.18%), Alcohol: 0g (100%), Protein: 8.13g (16.26%), Vitamin K: 1257.65µg (1197.76%), Vitamin A: 10078.01IU (201.56%),

Vitamin C: 61.39mg (74.41%), Manganese: 0.92mg (46.08%), Copper: 0.86mg (42.76%), Selenium: 28.89µg (41.28%), Vitamin B2: 0.68mg (39.99%), Potassium: 1345mg (38.43%), Magnesium: 149.05mg (37.26%), Vitamin E: 4.43mg (29.52%), Vitamin B3: 5.12mg (25.61%), Phosphorus: 255.6mg (25.56%), Vitamin B6: 0.41mg (20.65%), Iron: 3.71mg (20.59%), Vitamin B5: 2.01mg (20.13%), Fiber: 4.64g (18.56%), Folate: 67.72µg (16.93%), Calcium: 158.46mg (15.85%), Vitamin B1: 0.21mg (14%), Zinc: 2.09mg (13.92%), Vitamin B12: 0.19µg (3.09%)