



## Wilted Greens with Ricotta Salata

 Vegetarian  Gluten Free

READY IN



27 min.

SERVINGS



6

CALORIES



124 kcal

SIDE DISH

### Ingredients

- 0.3 teaspoon pepper black freshly ground
- 0.5 cup chicken broth
- 4 garlic cloves minced
- 3 tablespoons olive oil
- 3 ounces pecorino
- 2 tablespoons soya sauce
- 2 bunches swiss chard (or 1 bunch each)
- 1 large onion yellow peeled thinly sliced

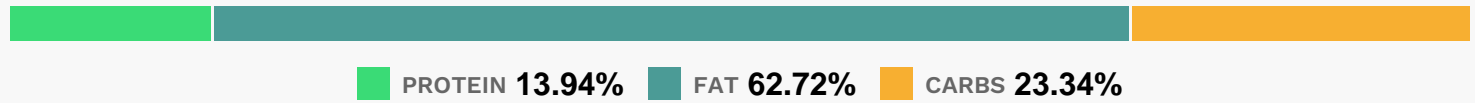
# Equipment

pot

# Directions

- Watch how to make this recipe.
- Wash the greens, but do not dry. Trim the large stems and coarsely chop. Set aside.
- Warm 3 tablespoons of olive oil in a large, heavy pot over medium-high heat.
- Add the onions and saute for 4 minutes.
- Add the garlic and saute for 4 minutes longer.
- Add the greens, chicken broth, soy sauce, and pepper. Cook, stirring often, until the greens have wilted and become tender, about 7 to 10 minutes.
- Transfer the cooked greens to a serving plate and crumble the ricotta salata cheese over the top.

# Nutrition Facts



# Properties

Glycemic Index:27.17, Glycemic Load:1.56, Inflammation Score:-10, Nutrition Score:17.853913092095%

# Flavonoids

Catechin: 1.5mg, Catechin: 1.5mg, Catechin: 1.5mg, Catechin: 1.5mg 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: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg Kaempferol: 5.97mg, Kaempferol: 5.97mg, Kaempferol: 5.97mg, Kaempferol: 5.97mg Myricetin: 3.14mg, Myricetin: 3.14mg, Myricetin: 3.14mg, Myricetin: 3.14mg Quercetin: 7.31mg, Quercetin: 7.31mg, Quercetin: 7.31mg, Quercetin: 7.31mg

# Nutrients (% of daily need)

Calories: 123.51kcal (6.18%), Fat: 9.12g (14.04%), Saturated Fat: 2.19g (13.68%), Carbohydrates: 7.64g (2.55%), Net Carbohydrates: 5.51g (2%), Sugar: 2.4g (2.67%), Cholesterol: 7.62mg (2.54%), Sodium: 634.22mg (27.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.56g (9.13%), Vitamin K: 834.64µg (794.9%), Vitamin A: 6180.6IU (123.61%), Vitamin C: 32.47mg (39.36%), Manganese: 0.48mg (24.11%), Magnesium: 88.3mg (22.07%), Vitamin E: 2.93mg (19.53%), Potassium: 455.83mg (13.02%), Iron: 2.14mg (11.91%), Copper: 0.21mg (10.49%), Calcium: 92.13mg

(9.21%), Phosphorus: 87.42mg (8.74%), Vitamin B2: 0.15mg (8.67%), Vitamin B6: 0.17mg (8.61%), Fiber: 2.14g (8.54%), Folate: 21.61µg (5.4%), Selenium: 3.49µg (4.99%), Vitamin B1: 0.07mg (4.34%), Zinc: 0.63mg (4.2%), Vitamin B3: 0.74mg (3.69%), Vitamin B5: 0.27mg (2.7%)