

# Sauteed Swiss Chard with Garlicky White Beans

Yield: 4 min  
Total Time: 25 min

Recipe from: <https://www.recipeschoose.com/recipes/swiss-chard-simple-yummy-recipe>

## Ingredients:

- 1 chopped onion
- 4 cloves chopped garlic
- 1 bunch Swiss chard
- 4 pinches red chilies dried
- 2 cups white beans
- 3 chicken stock splashes good
- 3 extra virgin olive oil splashes
- salt
- freshly ground pepper

## Nutrition:

1. Calories: 520 calories
2. Carbohydrate: 63 grams
3. Cholesterol: 20 milligrams
4. Fat: 17 grams
5. Fiber: 10 grams
6. Protein: 32 grams
7. SaturatedFat: 1.5 grams
8. Sodium: 1360 milligrams
9. Sugar: 16 grams

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