

# Shredded Swiss Chard and Roasted Beet Salad

Yield: 4 min  
Total Time: 35 min

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

## Ingredients:

- 4 cups Swiss chard Shredded
- 3 beets Fresh, peeled, cubed, and roasted
- 1/2 cup shelled pistachios
- 1 tablespoon extra virgin olive oil EVOO
- 1/8 cup balsamic vinegar
- 1/8 cup fresh orange juice
- kosher salt
- cracked pepper

## Nutrition:

1. Calories: 160 calories
2. Carbohydrate: 14 grams
3. Fat: 10 grams
4. Fiber: 4 grams
5. Protein: 5 grams
6. SaturatedFat: 1.5 grams
7. Sodium: 320 milligrams
8. Sugar: 8 grams

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