

Sautéed Beet Greens and Swiss Chard

Yield: 4 min
Total Time: 40 min

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

Ingredients:

- 3 tablespoons extra-virgin olive oil
- 1 tablespoon butter
- 4 garlic cloves chopped
- 12 cups Swiss chard
- 4 cups beet greens

Nutrition:

1. Calories: 150 calories
2. Carbohydrate: 7 grams
3. Cholesterol: 10 milligrams
4. Fat: 13 grams
5. Fiber: 4 grams
6. Protein: 3 grams
7. SaturatedFat: 3 grams
8. Sodium: 340 milligrams
9. Sugar: 1 grams

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