

# Creamed Swiss Chard

Yield: 4 min  
Total Time: 25 min

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

## Ingredients:

- 2 tablespoons unsalted butter
- 1/4 cup shallots 2 medium coarsely chopped
- 1 tablespoon all-purpose flour
- 1 cup milk
- 1/2 teaspoon ground nutmeg
- 1 teaspoon salt
- 1/4 teaspoon ground black pepper freshly
- 1 bunch Swiss chard about 1 pound 10 ounces green, ribs removed, leaves roughly chopped

## Nutrition:

1. Calories: 120 calories
2. Carbohydrate: 10 grams
3. Cholesterol: 20 milligrams
4. Fat: 7 grams
5. Fiber: 2 grams
6. Protein: 5 grams
7. SaturatedFat: 4.5 grams
8. Sodium: 820 milligrams
9. Sugar: 5 grams

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