

# Fettuccine with Swiss Chard & Garlic

Yield: 2 min  
Total Time: 15 min

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

## Ingredients:

- 8 ounces pasta homemade, or dried pasta; if using frozen homemade pasta, be sure to defrost it in the fridge first
- 1/2 tablespoon olive oil
- 1 tablespoon salted butter
- 1 garlic clove thinly sliced
- 4 Swiss chard big leaves of, hard ribs removed and chopped
- 1/2 cup Parmesan cheese grated

## Nutrition:

1. Calories: 620 calories
2. Carbohydrate: 90 grams
3. Cholesterol: 30 milligrams
4. Fat: 18 grams
5. Fiber: 5 grams
6. Protein: 26 grams
7. SaturatedFat: 8 grams
8. Sodium: 650 milligrams
9. Sugar: 5 grams

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