

# Pan Fried Swiss Chard

Yield: 2 min  
Total Time: 25 min

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

## Ingredients:

- 4 slices bacon chopped
- 2 tablespoons butter
- 3 tablespoons fresh lemon juice
- 1/2 teaspoon garlic paste
- 1 bunch Swiss chard stems removed, leaves cut into 1-inch pieces
- salt
- pepper

## Nutrition:

1. Calories: 410 calories
2. Carbohydrate: 13 grams
3. Cholesterol: 70 milligrams
4. Fat: 37 grams
5. Fiber: 5 grams
6. Protein: 11 grams
7. SaturatedFat: 16 grams
8. Sodium: 1300 milligrams
9. Sugar: 2 grams

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