

Gluten Free Chorizo, Sweet Potato and Swiss Chard Wrap

Yield: 1 min
Total Time: 20 min

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

Ingredients:

- 1 sweet potato small, or yam, or a combination, cubed, about ½ cup
- 1 teaspoon olive oil
- 1/2 onion medium, chopped
- 1/2 cup chorizo chopped
- 1 clove garlic finely minced
- 1/8 teaspoon chili flakes optional
- 1 Swiss chard medium, leaf
- sour cream to taste

Nutrition:

1. Calories: 760 calories
2. Carbohydrate: 37 grams
3. Cholesterol: 115 milligrams
4. Fat: 54 grams
5. Fiber: 6 grams
6. Protein: 32 grams
7. SaturatedFat: 20 grams
8. Sodium: 1600 milligrams
9. Sugar: 9 grams

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