

Swiss Chard with Shiitake Butter

Yield: 4 min
Total Time: 15 min

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

Ingredients:

- 9 ounces Swiss chard very thinly sliced crosswise, about 8 cups
- 4 tablespoons unsalted butter
- 4 shiitake mushrooms caps fresh, sliced; ¼ inch thick
- 1 teaspoon fresh thyme leaves

Nutrition:

1. Calories: 120 calories
2. Carbohydrate: 4 grams
3. Cholesterol: 30 milligrams
4. Fat: 11 grams
5. Fiber: 2 grams
6. Protein: 2 grams
7. SaturatedFat: 7 grams
8. Sodium: 140 milligrams
9. Sugar: 1 grams

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