

Light Swiss Chard Frittata

Yield: 4 min
Total Time: 55 min

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

Ingredients:

- 4 large eggs
- 4 large egg whites
- 1/4 cup swiss cheese grated
- 6 1/2 cups chard Swiss, washed well
- 1 white onion large, 2 cups, sliced thin
- 2 teaspoons light butter
- salt
- pepper

Nutrition:

1. Calories: 160 calories
2. Carbohydrate: 8 grams
3. Cholesterol: 225 milligrams
4. Fat: 9 grams
5. Fiber: 2 grams
6. Protein: 14 grams
7. SaturatedFat: 4 grams
8. Sodium: 460 milligrams
9. Sugar: 3 grams

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