

Swiss Chard Oshitashi

Yield: 4 min
Total Time: 35 min

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

Ingredients:

- 1 pound Swiss chard preferably red; about 2 bunches, ends trimmed
- 2 tablespoons Japanese soy sauce
- 1 tablespoon bonito flakes

Nutrition:

1. Calories: 30 calories
2. Carbohydrate: 5 grams
3. Fiber: 2 grams
4. Protein: 3 grams
5. Sodium: 690 milligrams
6. Sugar: 1 grams

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