

# Kookoo Sabzi with Swiss Chard and Kale

Yield: 6 min  
Total Time: 55 min

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

## Ingredients:

- 4 saffron strands of, crushed
- 1 tablespoon water
- 3 ounces Swiss chard finely chopped
- 3 ounces kale finely chopped
- 1 green onion finely chopped
- 1/4 cup parsley American, finely chopped
- 1/8 cup cilantro fresh, finely chopped
- 1/8 cup dill fresh, finely chopped
- 1/8 cup walnuts finely chopped
- 1 tablespoon extra-virgin olive oil
- 2 teaspoons all purpose flour
- 1 teaspoon fenugreek dried
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper ground
- 1/4 teaspoon baking soda
- 5 eggs large

## Nutrition:

1. Calories: 110 calories
2. Carbohydrate: 4 grams
3. Cholesterol: 175 milligrams
4. Fat: 8 grams
5. Fiber: 1 grams
6. Protein: 7 grams
7. SaturatedFat: 1.5 grams
8. Sodium: 350 milligrams
9. Sugar: 1 grams

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