

Roasted Garbanzo Beans & Garlic w/ Swiss Chard

Yield: 6 min
Total Time: 30 min

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

Ingredients:

- 31 ounces garbanzo beans rinsed & drained
- 10 garlic cloves peeled
- 2 shallots large
- 3 bay leaves small, preferably fresh
- 1 teaspoon fennel seeds
- 1 1/4 cups extra virgin olive oil
- 2 tablespoons extra virgin olive oil
- 6 garlic cloves peeled & crushed
- 3 bay leaves small, preferably fresh
- 2 shallots sliced thinly
- 2 bunches Swiss chard center stems cut out, leaves coarsely torn
- 2 cups chicken broth low-

Nutrition:

1. Calories: 1070 calories
2. Carbohydrate: 110 grams
3. Fat: 59 grams
4. Fiber: 28 grams
5. Protein: 34 grams
6. SaturatedFat: 8 grams
7. Sodium: 310 milligrams
8. Sugar: 17 grams

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