

# Garlic Sautéed Swiss Chard

Yield: 4 min  
Total Time: 20 min

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

## Ingredients:

- 1 bunch Swiss chard approx 10 stems
- 1 tablespoon olive oil
- 3 cloves garlic minced
- 1/4 cup water
- sea salt

## Nutrition:

1. Calories: 50 calories
2. Carbohydrate: 4 grams
3. Fat: 3.5 grams
4. Fiber: 2 grams
5. Protein: 2 grams
6. Sodium: 380 milligrams
7. Sugar: 1 grams

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