

Sauteed Swiss Chard with Parmesan Cheese

Yield: 4 min
Total Time: 25 min

Recipe from: <https://www.recipeschoose.com/recipes/sauteed-swiss-chard-with-parmesan-cheese-recipe>

Ingredients:

- 2 tablespoons butter
- 2 tablespoons olive oil
- 1 tablespoon minced garlic
- 1/2 red onion small, diced
- 1 bunch Swiss chard stems and center ribs cut out and chopped together, leaves coarsely chopped separately
- 1/2 cup dry white wine
- 1 tablespoon fresh lemon juice or to taste
- 2 tablespoons grated Parmesan cheese freshly
- salt to taste, optional

Nutrition:

1. Calories: 170 calories
2. Carbohydrate: 7 grams
3. Cholesterol: 20 milligrams
4. Fat: 13 grams
5. Fiber: 2 grams
6. Protein: 3 grams
7. SaturatedFat: 5 grams
8. Sodium: 470 milligrams
9. Sugar: 2 grams

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