

Rainbow Swiss Chard

Yield: 4 min
Total Time: 10 min

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

Ingredients:

- 1 pound Swiss chard rainbow, washed and thoroughly dried
- 2 cloves garlic smashed and chopped
- 1/2 teaspoon red pepper flakes optional
- 2 teaspoons olive oil
- salt
- pepper

Nutrition:

1. Calories: 50 calories
2. Carbohydrate: 7 grams
3. Fat: 2.5 grams
4. Fiber: 3 grams
5. Protein: 3 grams
6. Sodium: 440 milligrams
7. Sugar: 1 grams

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