

# Crostini with Braised Beans, Baby Chard, and Anchovies

Yield: 4 min  
Total Time: 25 min

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

## Ingredients:

- extra-virgin olive oil
- 2 anchovy filets chopped
- 4 cups chard baby, or kale
- 1 can white beans drained
- 1/2 cup vegetable stock
- lemon juice
- Parmesan cheese
- 8 slices country bread grilled

## Nutrition:

1. Calories: 220 calories
2. Carbohydrate: 31 grams
3. Cholesterol: 5 milligrams
4. Fat: 7 grams
5. Fiber: 2 grams
6. Protein: 8 grams
7. SaturatedFat: 1.5 grams
8. Sodium: 580 milligrams
9. Sugar: 2 grams

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