

# Garlicky Swiss Chard with Olives and Pine Nuts

Yield: 4 min  
Total Time: 35 min

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

## Ingredients:

- 2 pounds chard
- 4 cups pine nuts
- 2 tablespoons olive oil
- 6 garlic cloves sliced, or to taste
- 3 cups green olives or good-quality black, pitted and chopped
- 2 cups red wine or water
- salt
- black pepper

## Nutrition:

1. Calories: 1270 calories
2. Carbohydrate: 37 grams
3. Fat: 114 grams
4. Fiber: 14 grams
5. Protein: 25 grams
6. SaturatedFat: 10 grams
7. Sodium: 2260 milligrams
8. Sugar: 10 grams

---

Thank you for visiting our website. Hope you enjoy Garlicky Swiss Chard with Olives and Pine Nuts above. You can see more 18 swiss chard and caper recipe Try these culinary delights! to get more great cooking ideas.