

# Swiss Chard and Cauliflower

Yield: 4 min  
Total Time: 30 min

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

## Ingredients:

- 8 ounces Swiss chard Cut 'N Clean rainbow
- 1 head cauliflower
- 3 cloves garlic
- 3 Thai chilis stem removed
- 1 yellow onion medium, coarsely chopped
- 1 inch ginger piece of, cleaned and coarsely chopped
- 3 tablespoons Thai fish sauce
- 1 lime juiced
- 1 tablespoon brown sugar
- olive oil

## Nutrition:

1. Calories: 120 calories
2. Carbohydrate: 16 grams
3. Fat: 5 grams
4. Fiber: 5 grams
5. Protein: 5 grams
6. SaturatedFat: 0.5 grams
7. Sodium: 1210 milligrams
8. Sugar: 8 grams

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