

Creamy Vegan Pasta with Swiss Chard and Tomatoes

Yield: 4 min
Total Time: 35 min

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

Ingredients:

- 1 pound egg free fettuccine
- 4 tablespoons extra virgin olive oil
- 3 garlic cloves thinly sliced
- 1 bunch Swiss chard washed and torn
- 1/2 teaspoon sea salt
- 2 tomatoes large, cored, seeded sliced
- 8 tablespoons sour cream plant-based
- 1/2 teaspoon crushed red pepper flakes

Nutrition:

1. Calories: 370 calories
2. Carbohydrate: 9 grams
3. Cholesterol: 495 milligrams
4. Fat: 31 grams
5. Fiber: 2 grams
6. Protein: 18 grams
7. SaturatedFat: 9 grams
8. Sodium: 660 milligrams
9. Sugar: 5 grams

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