

Swiss Chard with Garlic and Shallots

Yield: 4 min
Total Time: 85 min

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

Ingredients:

- 2 tablespoons olive oil
- 2 shallots large, about 4 1/2 oz. total, thinly sliced
- 3 garlic cloves minced
- 1/8 teaspoon red pepper flakes
- 1 stem ribs
- 3 bunches Swiss chard
- kosher salt
- ground black pepper

Nutrition:

1. Calories: 150 calories
2. Carbohydrate: 20 grams
3. Fat: 7 grams
4. Fiber: 5 grams
5. Protein: 7 grams
6. SaturatedFat: 1 grams
7. Sodium: 750 milligrams
8. Sugar: 3 grams

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