

Pasta with Swiss Chard

Yield: 2 min
Total Time: 25 min

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

Ingredients:

- 1/3 pound whole wheat spaghetti
- 2 tablespoons extra-virgin olive oil
- 1 clove garlic minced
- 1 bunch Swiss chard chopped
- 1 teaspoon capers
- pepper
- salt
- 1 teaspoon lemon juice or to taste, optional
- 1/4 cup grated Parmesan cheese or to taste

Nutrition:

1. Calories: 490 calories
2. Carbohydrate: 68 grams
3. Cholesterol: 10 milligrams
4. Fat: 18 grams
5. Fiber: 5 grams
6. Protein: 20 grams
7. SaturatedFat: 4 grams
8. Sodium: 990 milligrams
9. Sugar: 2 grams

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