

Spanish-Style Swiss Chard with Raisins and Pine Nuts

Yield: 6 min
Total Time: 15 min

Recipe from: <https://www.recipeschoose.com/recipes/swiss-chard-recipe-with-raisins-and-pine-nuts>

Ingredients:

- 2 pounds Swiss chard stemmed and chopped
- 2 tablespoons extra-virgin olive oil
- 4 ounces raisins
- 2 ounces pine nuts
- salt and ground black pepper to taste

Nutrition:

1. Calories: 190 calories
2. Carbohydrate: 22 grams
3. Fat: 11 grams
4. Fiber: 4 grams
5. Protein: 5 grams
6. SaturatedFat: 1 grams
7. Sodium: 320 milligrams
8. Sugar: 13 grams

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