

Creamed Chard and Spring Onions

Yield: 4 min
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/swiss-chard-recipe-without-oil>

Ingredients:

- 1 pound Swiss chard thick stems removed and leaves sliced into ribbons
- 3 spring onions ends trimmed, white and some green parts sliced into thin coins
- 3 tablespoons butter
- 3 tablespoons all-purpose flour
- 1 1/4 cups milk
- salt
- pepper

Nutrition:

1. Calories: 180 calories
2. Carbohydrate: 17 grams
3. Cholesterol: 30 milligrams
4. Fat: 11 grams
5. Fiber: 4 grams
6. Protein: 7 grams
7. SaturatedFat: 6 grams
8. Sodium: 560 milligrams
9. Sugar: 6 grams

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