

Creamed Swiss Chard With Bacon

Yield: 5 min
Total Time: 85 min

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

Ingredients:

- 2 bunches Swiss chard white ribbed or a mixture of colors like rainbow, red, yellow; about 2 pounds
- 4 slices bacon diced
- 1/2 cup red onion finely chopped
- 1 clove garlic mashed and finely minced
- 2 tablespoons butter
- 2 tablespoons flour
- 1 cup half and half or whole milk
- 1 pinch nutmeg
- kosher salt to taste
- freshly ground black pepper to taste

Nutrition:

1. Calories: 250 calories
2. Carbohydrate: 12 grams
3. Cholesterol: 45 milligrams
4. Fat: 21 grams
5. Fiber: 3 grams
6. Protein: 7 grams
7. SaturatedFat: 10 grams
8. Sodium: 690 milligrams
9. Sugar: 2 grams

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