

Swiss Chard Salsa

Yield: 1 min
Total Time: 10 min

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

Ingredients:

- 1 bunch Swiss chard stems removed and coarsely chopped
- 1 handful cilantro coarsely chopped
- 1 jalapeno coarsely chopped
- 2 cloves garlic
- 1/4 cup pepitas toasted
- 1/2 cup olive oil
- 1/2 lime juice
- salt
- pepper

Nutrition:

1. Calories: 1260 calories
2. Carbohydrate: 33 grams
3. Fat: 124 grams
4. Fiber: 14 grams
5. Protein: 19 grams
6. SaturatedFat: 18 grams
7. Sodium: 1510 milligrams
8. Sugar: 5 grams

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