

Swiss Chard Tart (Tourte de blettes)

Yield: 4 min
Total Time: 85 min

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

Ingredients:

- 1 1/2 pounds leaves Swiss chard, depending on your chard, you'll need to buy about 2-pounds, 1 kg
- salt
- 1/3 cup golden raisins
- eau de vie or brandy
- 1/4 cup pine nuts toasted
- 1/2 teaspoon ground cinnamon
- 1 ounce Parmesan cheese freshly grated
- 1/2 cup cane sugar granulated or free-flowing natural
- 2 large eggs
- 2 baking apples medium

Nutrition:

1. Calories: 320 calories
2. Carbohydrate: 52 grams
3. Cholesterol: 110 milligrams
4. Fat: 10 grams
5. Fiber: 4 grams
6. Protein: 9 grams
7. SaturatedFat: 2.5 grams
8. Sodium: 390 milligrams
9. Sugar: 42 grams

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