

Sauteed Swiss Chard with Chickpea Miso Butter

Yield: 4 min
Total Time: 15 min

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

Ingredients:

- 1 bunch Swiss chard
- 12 whole leaves
- 1 tablespoon miso paste chickpea, alt. regular miso paste
- 2 tablespoons ghee
- 1 tablespoon coconut aminos
- 1/8 cup walnuts whole
- 1/8 cup sliced almonds or whole

Nutrition:

1. Calories: 110 calories
2. Carbohydrate: 6 grams
3. Fat: 9 grams
4. Fiber: 3 grams
5. Protein: 3 grams
6. Sodium: 340 milligrams
7. Sugar: 1 grams

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