

Swiss Chard Salad with Lemon, Parmesan & Bread Crumbs

Yield: 2 min
Total Time: 20 min

Recipe from: <https://www.recipeschoose.com/recipes/swiss-chard-with-lemon-and-garlic-recipe>

Ingredients:

- 1 bunch Swiss chard about 12 ounces
- 1/2 cup extra virgin olive oil divided
- 1 1/2 cups fresh bread crumbs see notes above
- 1 clove garlic minced
- sea salt to taste
- crushed red pepper flakes optional
- 1 lemon
- 3/4 cup grated Parmesan 1.5 – 2 ounces, Grana Padano or Pecorino

Nutrition:

1. Calories: 930 calories
2. Carbohydrate: 62 grams
3. Cholesterol: 35 milligrams
4. Fat: 69 grams
5. Fiber: 10 grams
6. Protein: 26 grams
7. SaturatedFat: 15 grams
8. Sodium: 1880 milligrams
9. Sugar: 6 grams

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