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Braised Swiss Chard with Currants and Feta

Braised Swiss Chard with Currants and Feta is a delicious vegetarian recipe that combines the earthy flavors of Swiss chard with the sweetness of currants and the tanginess of feta cheese. This dish is perfect for a light lunch or a side dish for dinner. The Swiss chard is braised until tender and then mixed with currants and feta cheese for a burst of flavor. It is a healthy and nutritious recipe that is packed with vitamins and minerals. Try this recipe today and enjoy the unique combination of flavors!

Recipe Type: Vegetarian

Prep Time: 10 mins

Cook Time: 20 mins

Total Time: 30 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

500 g	Swiss Chard
50 g	Currants

100 g	feta cheese
2 tbsp	olive oil
2 cloves	garlic
1 tsp	salt
0.5 tsp	black pepper

Directions

Step 1

Cut

Wash the Swiss chard thoroughly and remove the stems. Chop the leaves into bite-sized pieces.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Sautéing

Heat olive oil in a large skillet over medium heat. Add garlic and cook until fragrant.

Prep Time: 2 mins

Cook Time: 2 mins

Step 3

Sautéing

Add the Swiss chard to the skillet and cook until wilted, about 5 minutes.

Prep Time: 0 mins

Cook Time: 5 mins

Step 4

Sautéing

Stir in the currants and cook for an additional 2 minutes.

Prep Time: 0 mins

Cook Time: 2 mins

Step 5

Season with salt and black pepper to taste.

Prep Time: 0 mins

Cook Time: 0 mins

Step 6

Remove from heat and crumble feta cheese over the top.

Prep Time: 0 mins

Cook Time: 0 mins

Step 7

Serving

Serve hot as a side dish or a light lunch.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 150 kcal

Fat: 7 g

Protein: 8 g

Carbohydrates: 15 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	8 g	47.06%	47.06%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	15 g	27.27%	30%
Fibers	5 g	13.16%	20%
Sugars	6 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	4 g	N/A	N/A
Saturated Fat	2 g	9.09%	11.76%
Fat	7 g	25%	28%
Cholesterol	10 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	120 iu	13.33%	17.14%
Vitamin C	70 mg	77.78%	93.33%
Vitamin B6	0 mg	0%	0%
Vitamin B12	1 mcg	41.67%	41.67%
Vitamin E	2 mg	13.33%	13.33%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	400 mg	17.39%	17.39%
Calcium	20 mg	2%	2%
Iron	15 mg	187.5%	83.33%
Potassium	600 mg	17.65%	23.08%
Zinc	1 mg	9.09%	12.5%
Selenium	6 mcg	10.91%	10.91%

Recipe Attributes

Seasonality

Summer Fall

Events

Wedding Halloween Valentine's Day Mother's Day Father's Day
 New Year Anniversary Baby Shower Bridal Shower Graduation
 Back to School Barbecue Picnic Game Day

Cuisines

Italian Chinese Indian Mexican

Meal Type

Lunch

Dinner

Snack

Difficulty Level

Medium

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