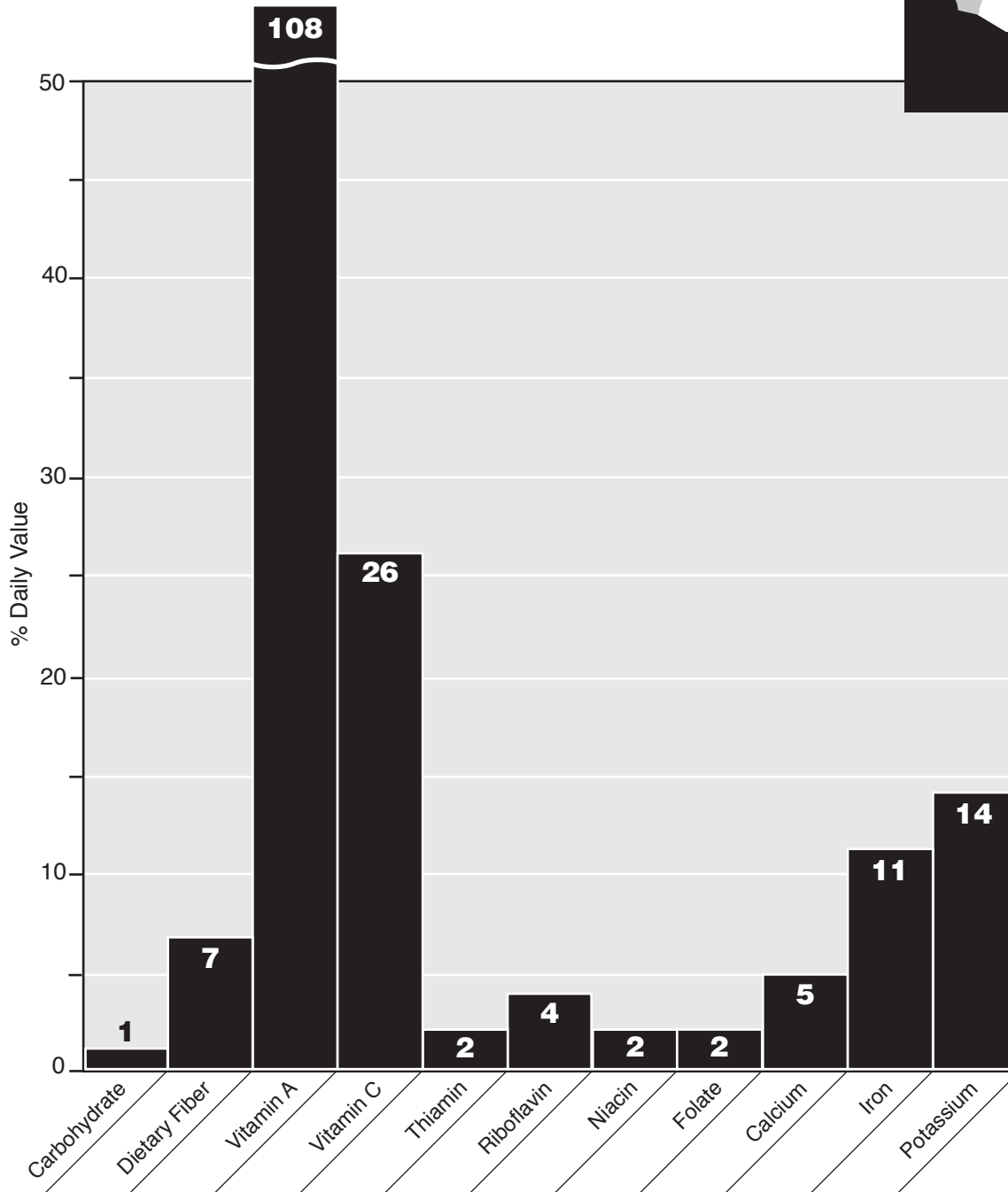


Swiss Chard

Chenopodiaceae *Beta vulgaris* L. *cicla*

(analysis based on boiled, drained Swiss chard)

Pictured from top: white-rib Swiss chard, rhubarb (or red) Swiss chard



Serving Size

- 1/2 Cup Chopped
- 88 Grams
- 18 Calories
 - 3% from fat
 - 24% from protein
 - 73% from carbohydrate
- 2 Grams Protein
- 4 Grams Carbohydrate
 - 2 grams dietary fiber
- 0.1 Gram Fat
- 82 Grams Water
- 158 Milligrams Sodium

