

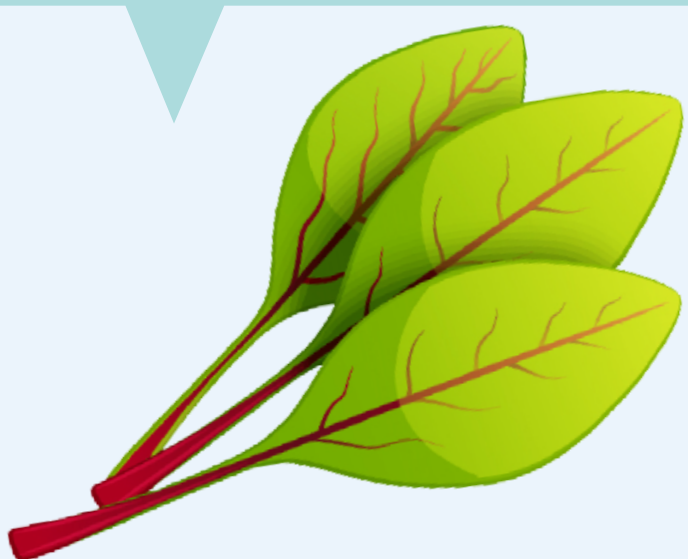


SWISS CHARD NUTRITION FACTS

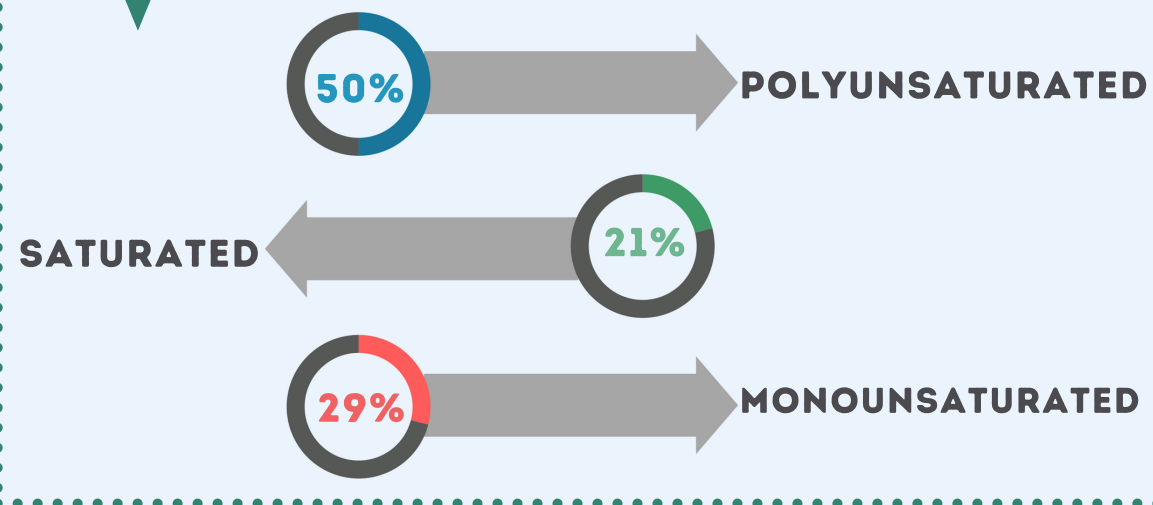


CALORIES 19/100GM

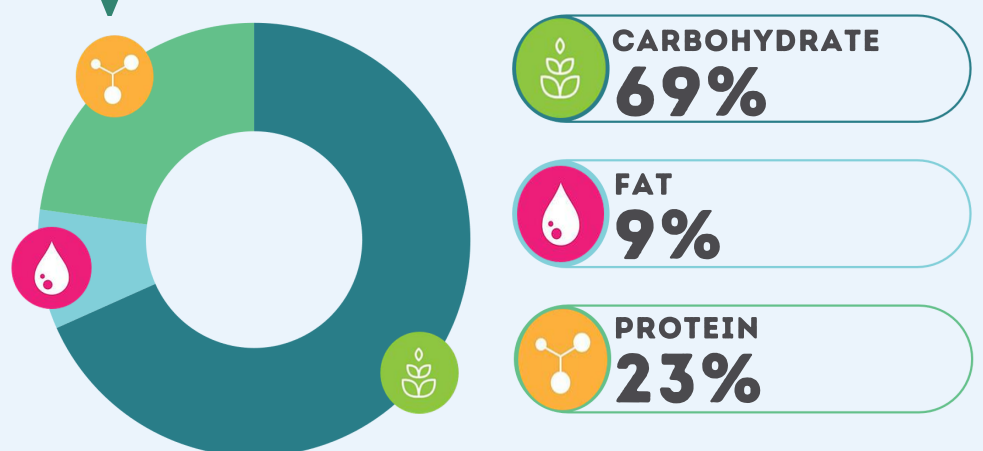
	AMOUNT		AMOUNT
CARBOHYDRATE	3.74 G	NIACIN	0.400 MG
FAT	0.20 G	VITAMIN A	306 MCG
PROTEIN	1.80 G	VITAMIN B12	0.00
CHOLESTEROL	0.00	VITAMIN B6	0.099 MG
FIBER	1.6 G	VITAMIN C	30 MG
RIBOFLAVIN	0.090 MG	VITAMIN D	0.00
SODIUM, NA	213 MG	FOLATE	14 MCG
THIAMIN	0.040 MG		



FATS AND FATTY ACIDS



CALORIES BY SOURCE



SWISS CHARD OTHER NAMES

- BETA VULGARIS
- CHARD
- SILVER BEET
- PERPETUAL SPINACH
- BEET SPINACH
- SEAKALE BEET
- LEAF BEET

MINERALS IN SWISS CHARD

51 MG	CALCIUM, CA	4 % (DV)
0.179 MG	COPPER, CU	20 % (DV)
1.80 MG	IRON, FE	10 % (DV)
81 MG	MAGNESIUM, MG	20 % (DV)
0.9 MCG	SELENIUM, SE	2 % (DV)
46 MG	PHOSPHORUS, P	7 % (DV)
379 MG	POTASSIUM, K	8 % (DV)
0.36 MG	ZINC, ZN	3 % (DV)

THE DAILY VALUES (DV) ARE REFERENCE AMOUNTS (EXPRESSED IN GRAMS, MILLIGRAMS, OR MICRO-GRAMS) OF NUTRIENTS TO CONSUME OR NOT TO EXCEED EACH DAY.