



## Swiss Chard

SMALL  MEDIUM  LARGE

**Nutrition Facts** Serv. Size: 4 oz pp (227g), Servings: Varied, Amount Per Serving: **Calories** 40, Fat Cal. 0, **Total Fat** 0g (0% DV), Sat. Fat 0g (0% DV), *Trans* Fat 0g, **Cholest.** 0mg (0% DV), **Sodium** 450mg (19% DV), **Total Carb.** 7g (2% DV), Fiber 3g (12% DV), Sugars 2g, **Protein** 3g, Vitamin A (210% DV), Vitamin C (90% DV), Calcium (8% DV), Iron (15% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.

**INGREDIENTS:** SWISS CHARD, BEEF STOCK, GARLIC, RED PEPPER FLAKES, SALT