

## Greens, Chard

### Serving Size

1 cup, chopped (97 g)

Amount Per Serving

**Calories** **5**

	% Daily Value *
<b>Total Fat</b> 0 g	<b>0%</b>
Saturated Fat 0 g	<b>0%</b>
Trans Fat 0 g	
<b>Cholesterol</b> 0 mg	<b>0%</b>
<b>Sodium</b> 75 mg	<b>3%</b>
<b>Total Carbohydrate</b> 1 g	<b>0%</b>
Dietary Fiber 1 g	<b>2%</b>
Total Sugars 0 g	
Includes 0 g Added Sugars	<b>0%</b>
<b>Protein</b> 1 g	
Vitamin D 0 mcg	0%
Calcium 18 mg	2%
Iron 0.65 mg	4%
Potassium 135 mg	2%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

**Allergens:**

**Ingredients:**

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