

Swiss Chard



Nutritious and Fun!
¡Saludable y Divertido!

Why do you think Swiss Chard is good to eat?

- * Swiss Chard is high in nutrition and low in calories.
- * Eaten like spinach - Swiss Chard is available in the summer when local grown fresh spinach is not available.
- * Picked and brought directly to market—very fresh.
- * Leaves can be deep green or reddish, and stalks vary in color from white to yellow to green to red. They are beautiful!
- * Deeper the colors the more nutrients and better for you.
- * Swiss chard can be added to many different dishes—eggs and omlettes, quiches, soufflés, soups, stews, salads, sautés

How do you eat Swiss Chard?

- * Easy to prepare! Sauté, steam, or roast leaves and stalks. Swiss chard tastes good in a sauté mixed with kale or other greens.
- * Or it can be eaten raw! Mix the leaves into your salad at home. Add other vegetables too!

Steamed Swiss Chard has no cholesterol, and little to no fat.

One cup of chopped Chard contains 7.0 g carbs, 3.0 g protein, and 15% of your daily value of dietary fiber!

Good source of vitamins: One serving (1 cup) of chopped chard provides 214% of your daily value of vitamin A, 53% of vitamin C, 17% vitamin E, and a whopping 716% of vitamin K.

Good source for minerals: One serving (1 cup) of chopped chard (boiled, drained, no added salt) contains 10% of your daily value of calcium, 22% of iron, 38% of magnesium, 27% of potassium, as well as significant levels of sodium and copper.

Good source of fiber to help maintain healthy digestion and bowels; good for cholesterol levels.