Nutrition Facts

Swiss Chard Serving size (100g)

Amount Per Serving

Calories

20

www.ihcare.ae	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 210mg	9%
Total Carbohydrate 4g	1%
Dietary Fiber 2g	7%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 2g	4%
Vitamin D 0mcg	0%
Calcium 65mg	4%
Iron 1.8mg	10%
Potassium 0mg	0%
Vitamin A	120%
Vitamin C	50%

^{*}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.