

Nutrition Facts

Serving Size
4.0 oz (113g)

Calories
per serving **130**

| Amount/serving | % DV | Amount/serving | % DV |
|---|------------|------------------------|------------|
| Total Fat 4.5g | 6% | Total Carb. 19g | 7% |
| Saturated Fat .5g | 3% | Fiber 6g | 23% |
| <i>Trans Fat</i> 0g | | Total Sugars 6g | |
| Cholesterol 0mg | 0% | Incl.0g Added Sugars | 0% |
| Sodium 730mg | 32% | Protein 7g | |
| Vitamin D 0% · Calcium 15% · Iron 35% · Potassium 30% | | | |

Braised Swiss Chard

Ingredients: red chard, yellow onion, white wine, water, red wine vinegar, olive oil, garlic, low sodium vegetable base