

Nutrition Facts

Serving Size
4.0 oz (113g)

Calories
per serving **130**

Amount/serving	% DV
Total Fat 4.5g	6%
Saturated Fat .5g	3%
<i>Trans Fat</i> 0g	
Cholesterol 0mg	0%
Sodium 730mg	32%

Amount/serving	% DV
Total Carb. 19g	7%
Fiber 6g	23%
Total Sugars 6g	
Incl.0g Added Sugars	0%
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