



**Calories**  
35

**Vitamin A**  
60%





**Vitamin C**  
35%

**Vitamin K**  
477%

**Magnesium**  
36%

**Potassium**  
20%

# Chard

-  High in antioxidants such as ALA
-  Excellent source of Vitamins A and K
-  Good source of Vitamin C and magnesium
-  Low calorie and high in fiber

 **USGreens**