

Information



The red Swiss chard, also called bull's blood, is a vegetable of Chenopodiaceous family, with a herbaceous and sinuous stem and ruby red leaves.

The flavor is very sweet, and you eat the leaves and the tender and fleshy part of the core.

It is to be consumed prior cooking, preferably steamed , so it maintains its nutrients property.

SEASON:

All year.

NUTRITIONAL PROPERTIES:

The chard is rich in calcium, potassium, fiber and vitamin A.

EDIBLE PORTION:

82%

CALORIES:

17 Kcal per 100 g.

HOW TO CHOOSE:

The leaves of the Swiss Chard should have a bright and intense color, need to be shiny, firm and brittle to the touch.

The cores should be fleshy, have a good white color, and break with a clicking sound.

HOW TO PRESERVE:

Store the chard in the refrigerator in the fruit and vegetables compartment. It is a vegetable that remains resistant even 4-5 days.