

Information



Features:

The Red Chard, also called Swiss chard, is a vegetable of the Chenopodiacea's family, characterized by an herbaceous stem and large green leaves, with developed deep red ribs in the center.

It has a very sweet flavor, and you eat the leaves and the tender part of the core.

It is to be consumed fresh or steamed, so it maintains its nutritional properties.

SEASON:

All year.

NUTRIOTIONAL PROPERTIES:

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

EDIBLE PORTION:

82 %

CALORIES:

17 Kcal per 100 g of product

HOW TO CHOOSE:

Its leaves should be lucid, firm and brittle to the touch, and have a bright and intense color.