

# Information



## Features:

The Red Chard, also called Swiss chard, is a vegetable of the Chenopodiaceae'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.