



Swiss Chard Frittata

Fall Winter Spring Summer

NUTRITION INFORMATION

SERVING SIZE: 1 piece

Amount per Serving	
Calories	128 kcal
Protein	10.11 g
Carbohydrate	1.65 g
Total Fat	8.73 g
Saturated Fat	3.29 g
Cholesterol	201.42 mg
Vitamin A	926.46 IU
Vitamin C	0.51 mg
Iron	1.11 mg
Calcium	131.99 mg
Sodium	268.30 mg
Dietary Fiber	0.28 mg

EQUIVALENTS: 1 serving provides 2 oz equiv of meat/meat alternate.

Recipe HACCP Process: #2 Same Day Service