

Nutrition Facts

Kale

Serving size (100g)

Amount Per Serving

Calories

35

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% Daily Value*

Total Fat 1.5g **2%**

Saturated Fat 0.178g **1%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 55mg **2%**

Total Carbohydrate 4g **1%**

Dietary Fiber 4g **14%**

Total Sugars 1g

Includes 0g Added Sugars **0%**

Protein 3g **6%**

Vitamin D 0mcg **0%**

Calcium 254mg **20%**

Iron 1.6mg **8%**

Potassium 0mg **0%**

Vitamin A 241mcg **2%**

Vitamin C 93.4mg **100%**

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.