



# COLLARDS NUTRITION FACTS

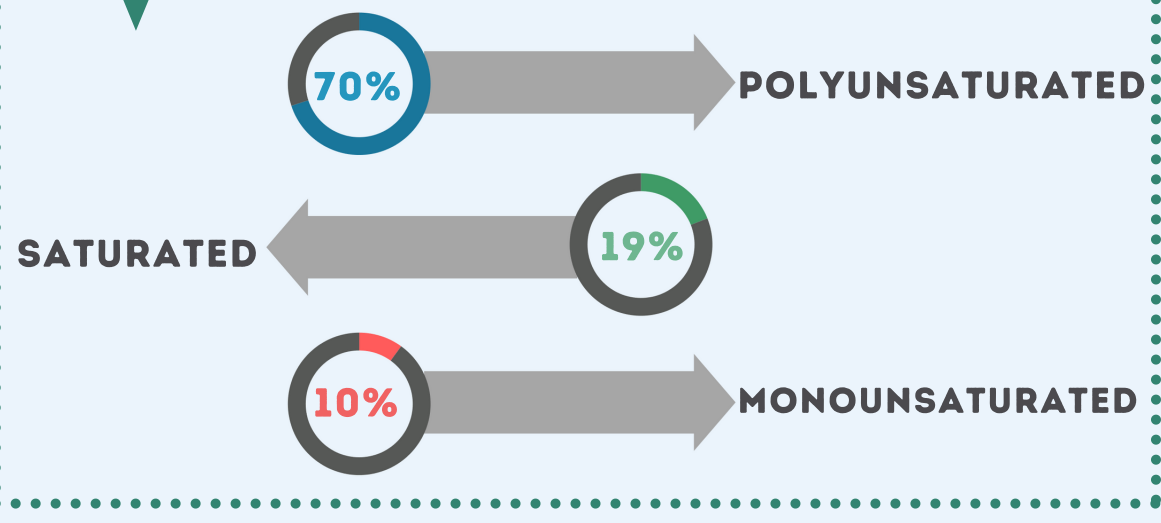


## CALORIES 32/100GM

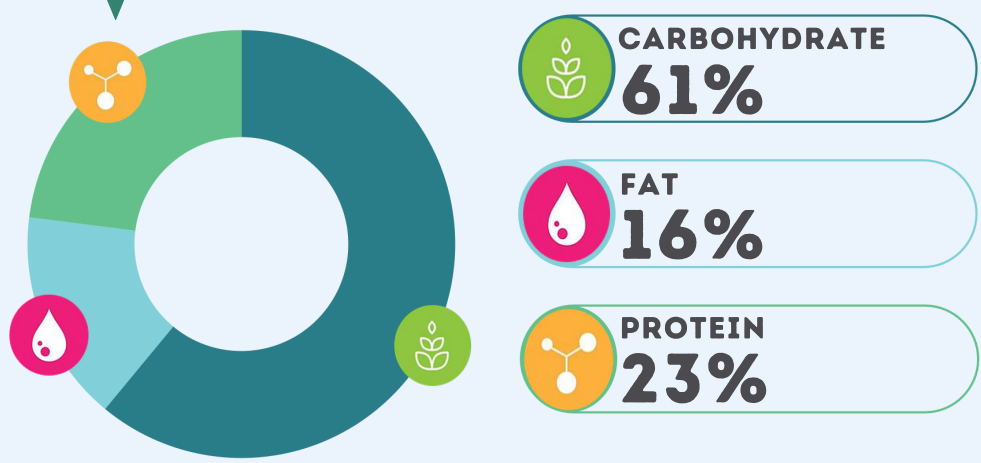
	AMOUNT		AMOUNT
CARBOHYDRATE	5.42 G	NIACIN	0.742 MG
FAT	0.61 G	VITAMIN A	251 MCG
PROTEIN	3.02 G	VITAMIN B12	0.00
CHOLESTEROL	0.00	VITAMIN B6	0.165 MG
FIBER	4 G	VITAMIN C	35.3 MG
RIBOFLAVIN	0.130 MG	VITAMIN D	0.00
SODIUM, NA	17 MG	FOLATE	129 MCG
THIAMIN	0.054 MG		



### FATS AND FATTY ACIDS



### CALORIES BY SOURCE



### COLLARDS OTHER NAMES

- BRASSICA OLERACEA
- COLEWORT
- SUKUMA
- MURIWO
- VATES

### MINERALS IN COLLARDS

232 MG	CALCIUM, CA	18 % (DV)
0.046 MG	COPPER, CU	5 % (DV)
0.47 MG	IRON, FE	3 % (DV)
27 MG	MAGNESIUM, MG	7 % (DV)
1.3 MCG	SELENIUM, SE	2 % (DV)
25 MG	PHOSPHORUS, P	4 % (DV)
213 MG	POTASSIUM, K	5 % (DV)
0.21 MG	ZINC, ZN	2 % (DV)

THE DAILY VALUES (DV) ARE REFERENCE AMOUNTS (EXPRESSED IN GRAMS, MILLIGRAMS, OR MICRO-GRAMS) OF NUTRIENTS TO CONSUME OR NOT TO EXCEED EACH DAY.