

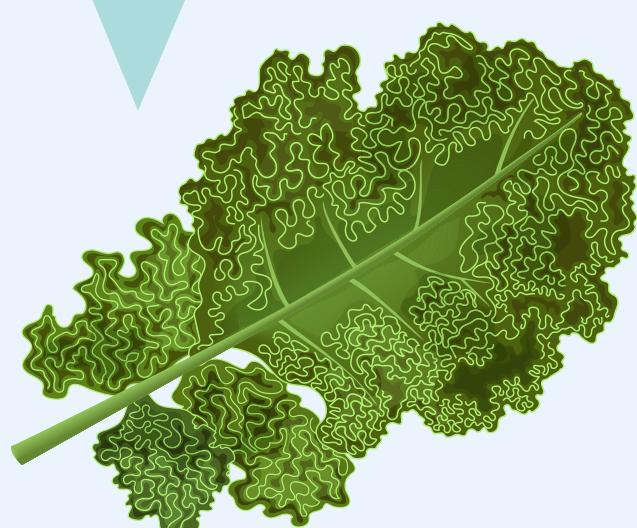


KALE NUTRITION FACTS

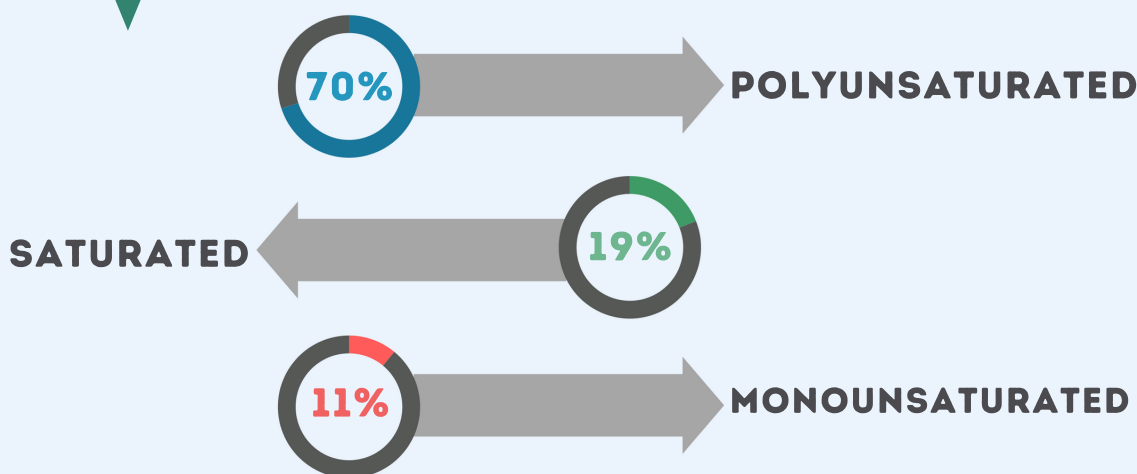


CALORIES 35/100GM

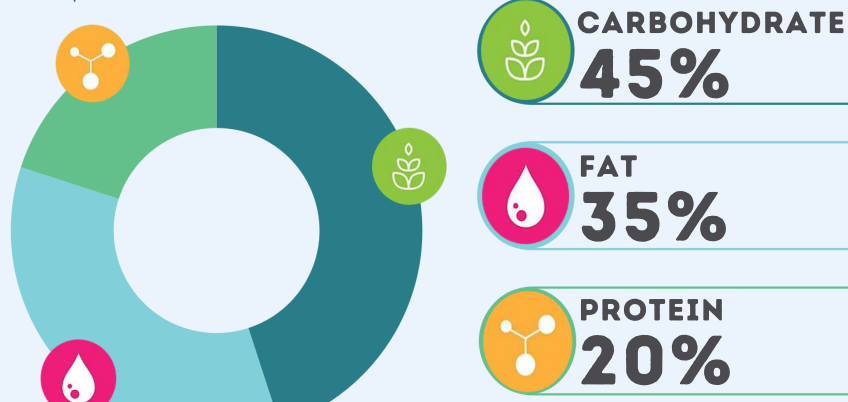
	AMOUNT		AMOUNT
CARBOHYDRATE	4.42 G	NIACIN	1.180 MG
FAT	1.49 G	VITAMIN A	241 MG
PROTEIN	2.92 G	VITAMIN B12	0.00
CHOLESTEROL	0.00	VITAMIN B6	0.147 MG
FIBER	4.1 G	VITAMIN C	93.4 MG
RIBOFLAVIN	0.347 MG	VITAMIN D	0.00
SODIUM, NA	53 MG	FOLATE	62 MCG
THIAMIN	0.113 MG		



FATS AND FATTY ACIDS



CALORIES BY SOURCE



KALE OTHER NAMES

BRASSICA OLERACEA
BORECOLE
LEAF CABBAGE
KARAM SAAG

MINERALS IN KALE

254 MG	CALCIUM, CA	20 % (DV)
0.053 MG	COPPER, CU	6 % (DV)
1.60 MG	IRON, FE	9 % (DV)
33 MG	MAGNESIUM, MG	8 % (DV)
0.9 MCG	SELENIUM, SE	2 % (DV)
55 MG	PHOSPHORUS, P	8 % (DV)
348 MG	POTASSIUM, K	7 % (DV)
0.39 MG	ZINC, ZN	4 % (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.