

Organic kale

Nutrition Facts

About 2 servings per container  
Serving size 2 cups (100g)

Amount per serving  
Calories 45

	% Daily Value*
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 65mg	3%
Total Carbohydrate 6g	2%
Dietary Fiber 6g	24%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 4g	
Vitamin D 0mcg	0%
Calcium 300mg	30%
Iron 1mg	4%
Potassium 299mg	9%

\* 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.