

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.