

Organic kale

Nutrition Facts

2 servings per container

Serving size2 cups (100g)

Amount per serving

Calories45

% 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.