

8 HEALTHY LEAFY GREENS



i Spinach



Total Calories per 100g

23 calories



Carbohydrates

3.6g



Protein

2.9g



Fat

0.4g



ii Kale



Total Calories per 100g

28 calories



Carbohydrates

5.6g



Protein

1.9g



Fat

0.4g



iii Cabbage



Total Calories per 100g

25 calories



Carbohydrates

5.2g



Protein

1.1g



Fat

0.1g



iv Rocket



Total Calories per 100g

25 calories



Carbohydrates

3.6g



Protein

2.6g



Fat

0.66g



v Romaine Lettuce



Total Calories per 100g

17 Calories



Carbohydrates

3.3g



Protein

1.2g



Fat

0.3g



vi Bok Choy



Total Calories per 100g

13 Calories



Carbohydrates

2.2g



Protein

1.5g



Fat

0.2g



vii Swiss Chard



Total Calories per 100g

20 calories



Carbohydrates

4.2g



Protein

1.9g



Fat

0.1g



viii Collard Greens



Total Calories per 100g

32 calories



Carbohydrates

4.8g



Protein

2g



Fat

2.2g

8 HEALTHY

LEAFY GREENS



i Spinach



Total Calories per 100g

23 calories



Carbohydrates

3.6g



Protein

2.9g



Fat

0.4g



ii Kale



Total Calories per 100g

28 calories



Carbohydrates

5.6g



Protein

1.9g



Fat

0.4g



iii Cabbage



Total Calories per 100g

25 calories



Carbohydrates

5.2g



Protein

1.1g



Fat

0.1g



iv Rocket



Total Calories per 100g

25 calories



Carbohydrates

3.6g



Protein

2.6g



Fat

0.66g



v Romaine Lettuce



Total Calories per 100g

17 Calories



Carbohydrates

3.3g



Protein

1.2g



Fat

0.3g



vi Bok Choy



Total Calories per 100g

13 Calories



Carbohydrates

2.2g



Protein

1.5g



Fat

0.2g



vii Swiss Chard



Total Calories per 100g

20 calories



Carbohydrates

4.2g



Protein

1.9g



Fat

0.1g



viii Collard Greens



Total Calories per 100g

32 calories



Carbohydrates

4.8g



Protein

2g



Fat

2.2g