

Kale, Flowering
Serving Size 67 grams

Amount Per Serving
Calories 35

% Daily Value *	
Total Fat 0 g	1%
Saturated Fat 0 g	0%
Trans Fat 0 g	
Cholesterol 0 mg	0%
Sodium 25 mg	1%
Total Carbohydrate 6 g	2%
Dietary Fiber 2 g	9%
Total Sugars 2 g	
Includes 0 g Added Sugars	0%
Protein 3 g	
Vitamin D 0 mcg	0%
Calcium 101 mg	8%
Iron 1 mg	6%
Potassium 330 mg	6%

* 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.

Allergens: No known allergens in this product.
Ingredients: This product contains flowering kale.