

# Collard greens

## Nutrition Facts

Serving Size: ½ cup cooked collard greens (95g)

Calories 25

Calories from Fat 0

% Daily Value

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 15mg 1%

Total Carbohydrate 5g 2%

Dietary Fiber 3g 11%

Sugars 0g

Protein 2g

Vitamin A 154%

Calcium 13%

Vitamin C 29%

Iron 6%

Source: [www.nal.usda.gov/fnic/foodcomp/search/](http://www.nal.usda.gov/fnic/foodcomp/search/)  
NDB No: 11162

# Kale

## Nutrition Facts

Serving Size: ½ cup cooked kale (65g)	
Calories 18	Calories from Fat 0
% Daily Value	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 15mg	1%
Total Carbohydrate 4g	1%
Dietary Fiber 1g	5%
Sugars 1g	
Protein 1g	
Vitamin A 177%	Calcium 5%
Vitamin C 44%	Iron 3%

Source: [www.nal.usda.gov/fnic/foodcomp/search/](http://www.nal.usda.gov/fnic/foodcomp/search/)  
NDB No: 11234

# Swiss chard

## Nutrition Facts

Serving Size: ½ cup cooked Swiss chard  
(88g)

Calories 18

Calories from Fat 0

% Daily Value

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 157mg 7%

Total Carbohydrate 4g 1%

Dietary Fiber 2g 7%

Sugars 1g

Protein 2g

Vitamin A 107%

Calcium 5%

Vitamin C 26%

Iron 11%

Source: [www.nal.usda.gov/fnic/foodcomp/search/](http://www.nal.usda.gov/fnic/foodcomp/search/)  
NDB No: 11148

