

Nutrition Facts

Kale Salad

Serving Size: cups (18.8g)

Amount Per Serving

Calories 41.8

Calories from Fat 32.7

% Daily Value*

Total Fat 3.7g

6%

Saturated Fat 0.5g

2%

Trans Fat 0g

Polyunsaturated Fat 0.5g

Monounsaturated Fat 2.5g

Cholesterol 0mg

0%

Sodium 29.2mg

1%

Potassium 54.7mg

2%

Total Carbohydrates 2g

1%

Dietary Fiber 0.4g

2%

Sugars 1g

Protein 0.6g

Vitamin A

16%

Vitamin C

16.5%

Calcium

1.3%

Iron

1.2%

* Percent Daily Values are based on a 2000 calorie diet.

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