

Basic Report 11233, Kale, raw

Report Date: September 20, 2019 01:57 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup 21g
Proximates			
Water	g	89.63	18.82
Energy	kcal	35	7
Protein	g	2.92	0.61
Total lipid (fat)	g	1.49	0.31
Carbohydrate, by difference	g	4.42	0.93
Fiber, total dietary	g	4.1	0.9
Sugars, total	g	0.99	0.21
Minerals			
Calcium, Ca	mg	254	53
Iron, Fe	mg	1.60	0.34
Magnesium, Mg	mg	33	7
Phosphorus, P	mg	55	12
Potassium, K	mg	348	73
Sodium, Na	mg	53	11
Zinc, Zn	mg	0.39	0.08
Vitamins			
Vitamin C, total ascorbic acid	mg	93.4	19.6
Thiamin	mg	0.113	0.024
Riboflavin	mg	0.347	0.073
Niacin	mg	1.180	0.248
Vitamin B-6	mg	0.147	0.031
Folate, DFE	µg	62	13
Vitamin B-12	µg	0.00	0.00
Vitamin A, RAE	µg	241	51
Vitamin A, IU	IU	4812	1011
Vitamin E (alpha-tocopherol)	mg	0.66	0.14

Nutrient	Unit	1 Value Per100 g	1 cup 21g
Vitamin D (D2 + D3)	µg	0.0	0.0
Vitamin D	IU	0	0
Vitamin K (phylloquinone)	µg	389.6	81.8
Lipids			
Fatty acids, total saturated	g	0.178	0.037
Fatty acids, total monounsaturated	g	0.104	0.022
Fatty acids, total polyunsaturated	g	0.673	0.141
Fatty acids, total trans	g	0.000	0.000
Cholesterol	mg	0	0
Amino Acids			
Other			
Caffeine	mg	0	0