

## Basic Report 11234, Kale, cooked, boiled, drained, without salt

Report Date: August 24, 2019 02:00 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup 118g
<b>Proximates</b>			
Water	g	89.82	105.99
Energy	kcal	36	42
Protein	g	2.94	3.47
Total lipid (fat)	g	1.21	1.43
Carbohydrate, by difference	g	5.30	6.25
Fiber, total dietary	g	4.0	4.7
Sugars, total	g	1.21	1.43
<b>Minerals</b>			
Calcium, Ca	mg	150	177
Iron, Fe	mg	0.84	0.99
Magnesium, Mg	mg	25	30
Phosphorus, P	mg	42	50
Potassium, K	mg	144	170
Sodium, Na	mg	16	19
Zinc, Zn	mg	0.27	0.32
<b>Vitamins</b>			
Vitamin C, total ascorbic acid	mg	17.8	21.0
Thiamin	mg	0.063	0.074
Riboflavin	mg	0.140	0.165
Niacin	mg	0.457	0.539
Vitamin B-6	mg	0.063	0.074
Folate, DFE	µg	65	77
Vitamin B-12	µg	0.00	0.00
Vitamin A, RAE	µg	146	172
Vitamin A, IU	IU	2915	3440
Vitamin E (alpha-tocopherol)	mg	1.61	1.90

<b>Nutrient</b>	<b>Unit</b>	<b>1 Value Per100 g</b>	<b>1 cup 118g</b>
Vitamin D (D2 + D3)	µg	0.0	0.0
Vitamin D	IU	0	0
Vitamin K (phylloquinone)	µg	418.5	493.8
<b>Lipids</b>			
Fatty acids, total saturated	g	0.175	0.206
Fatty acids, total monounsaturated	g	0.102	0.120
Fatty acids, total polyunsaturated	g	0.660	0.779
Fatty acids, total trans	g	0.000	0.000
Cholesterol	mg	0	0
<b>Amino Acids</b>			
<b>Other</b>			
Caffeine	mg	0	0