

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

Report Date: July 22, 2019 18:35 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup 118g
Proximates			
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
Minerals			
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
Vitamins			
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

Nutrient	Unit	1 Value Per100 g	1 cup 118g
Vitamin D (D2 + D3)	µg	0.0	0.0
Vitamin D	IU	0	0
Vitamin K (phylloquinone)	µg	418.5	493.8
Lipids			
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
Amino Acids			
Other			
Caffeine	mg	0	0