

## Basic Report 11233, Kale, raw

Report Date: September 22, 2019 23:28 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup 21g
<b>Proximates</b>			
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
<b>Minerals</b>			
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
<b>Vitamins</b>			
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

<b>Nutrient</b>	<b>Unit</b>	<b>1 Value Per100 g</b>	<b>1 cup 21g</b>
Vitamin D (D2 + D3)	µg	0.0	0.0
Vitamin D	IU	0	0
Vitamin K (phylloquinone)	µg	389.6	81.8
<b>Lipids</b>			
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
<b>Amino Acids</b>			
<b>Other</b>			
Caffeine	mg	0	0