

Full Report (All Nutrients) 45263546, ORGANIC KALE, UPC: 028764952816
[Powered by LabelInsight](#)
Report Date: July 23, 2019 19:09 EDT

Information provided by food manufacturers is label data. Manufacturers are responsible for descriptions, nutrient data and ingredient information. USDA calculated values per 100 {0} from values per serving.

Food Group : Branded Food Products Database

Manufacturer San Miguel Produce Inc.

Nutrient	Unit	Data points	Std. Error	4.0 ONZ 113g	1 Value Per100 g
Proximates					
Energy	kcal	--	--	60	53
Protein	g	--	--	4.00	3.54
Total lipid (fat)	g	--	--	0.99	0.88
Carbohydrate, by difference	g	--	--	10.99	9.73
Fiber, total dietary	g	--	--	2.0	1.8
Sugars, total	g	--	--	0.00	0.00
Minerals					
Calcium, Ca	mg	--	--	150	133
Iron, Fe	mg	--	--	1.80	1.59
Magnesium, Mg	mg	--	--	40	35
Phosphorus, P	mg	--	--	60	53
Potassium, K	mg	--	--	505	447
Sodium, Na	mg	--	--	50	44
Copper, Cu	mg	--	--	0.299	0.265
Manganese, Mn	mg	--	--	1.130	1.000
Vitamins					
Vitamin C, total ascorbic acid	mg	--	--	138.0	122.1
Thiamin	mg	--	--	0.000	0.000
Riboflavin	mg	--	--	0.136	0.120
Niacin	mg	--	--	1.200	1.062
Vitamin B-6	mg	--	--	0.299	0.265
Folate, total	µg	--	--	32	28

Nutrient	Unit	Data points	Std. Error	4.0 ONZ 113g	1 Value Per100 g
Carotene, beta	µg	--	--	10425	9226
Vitamin A, IU	IU	--	--	17500	15487
Lutein + zeaxanthin	µg	--	--	44692	39550
Vitamin K (phylloquinone)	µg	--	--	936.0	828.3
Lipids					
Fatty acids, total saturated	g	--	--	0.000	0.000
Fatty acids, total trans	g	--	--	0.000	0.000
Cholesterol	mg	--	--	0	0

Amino Acids

Other