

Full Report (All Nutrients) 45355214, ORGANIC COLLARD GREENS, UPC: 032601026066
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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 Natural Selection Foods, LLC

Nutrient	Unit	Data points	Std. Error	0.5 cup 127.63g	1 Value Per100 g
Proximates					
Energy	kcal	--	--	45	35
Protein	g	--	--	4.51	3.53
Total lipid (fat)	g	--	--	0.00	0.00
Carbohydrate, by difference	g	--	--	9.01	7.06
Fiber, total dietary	g	--	--	3.1	2.4
Sugars, total	g	--	--	0.00	0.00
Minerals					
Calcium, Ca	mg	--	--	300	235
Iron, Fe	mg	--	--	1.62	1.27
Sodium, Na	mg	--	--	60	47
Vitamins					
Vitamin C, total ascorbic acid	mg	--	--	31.5	24.7
Vitamin A, IU	IU	--	--	15015	11765
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
Ingredients

 ORGANIC COLLARD GREENS. *Date Available:* 03/11/2018 *Date Last Updated by Company:* 03/11/2018