

Bok choy

Nutrition Facts

Serving Size: ½ cup cooked bok choy
(85g)

Calories 10 Calories from Fat 0

% Daily Value

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 29mg 1%

Total Carbohydrate 2g 1%

Dietary Fiber 1g 3%

Sugars 1g

Protein 1g

Vitamin A 72% Calcium 8%

Vitamin C 37% Iron 5%

Other nutrients: Vitamin K (36%)

Source: www.nal.usda.gov/fnic/foodcomp/search/
NDB No: 11117

Collard greens

Nutrition Facts

Serving Size: ½ cup cooked collard greens (95g)

Calories 25

Calories from Fat 0

% Daily Value

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 15mg 1%

Total Carbohydrate 5g 2%

Dietary Fiber 3g 11%

Sugars 0g

Protein 2g

Vitamin A 154%

Calcium 13%

Vitamin C 29%

Iron 6%

Other nutrients: Vitamin K (523%), Folate (22%), Riboflavin (6%), Magnesium (5%)

Source: www.nal.usda.gov/fnic/foodcomp/search/
NDB No: 11162

Kale

Nutrition Facts

Serving Size: ½ cup cooked kale (65g)	
Calories 18	Calories from Fat 0
% Daily Value	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 15mg	1%
Total Carbohydrate 4g	1%
Dietary Fiber 1g	5%
Sugars 1g	
Protein 1g	
Vitamin A 177%	Calcium 5%
Vitamin C 44%	Iron 3%

Other nutrients: Vitamin K (664%)

Source: www.nal.usda.gov/fnic/foodcomp/search/
NDB No: 11234

Swiss chard

Nutrition Facts

Serving Size: ½ cup cooked Swiss chard
(88g)

Calories 18 Calories from Fat 0

% Daily Value

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 157mg 7%

Total Carbohydrate 4g 1%

Dietary Fiber 2g 7%

Sugars 1g

Protein 2g

Vitamin A 107% Calcium 5%

Vitamin C 26% Iron 11%

Other nutrients: Vitamin K (358%), Magnesium (19%), Potassium (14%), Vitamin E (6%), Riboflavin (5%)

Source: www.nal.usda.gov/fnic/foodcomp/search/
NDB No: 11148