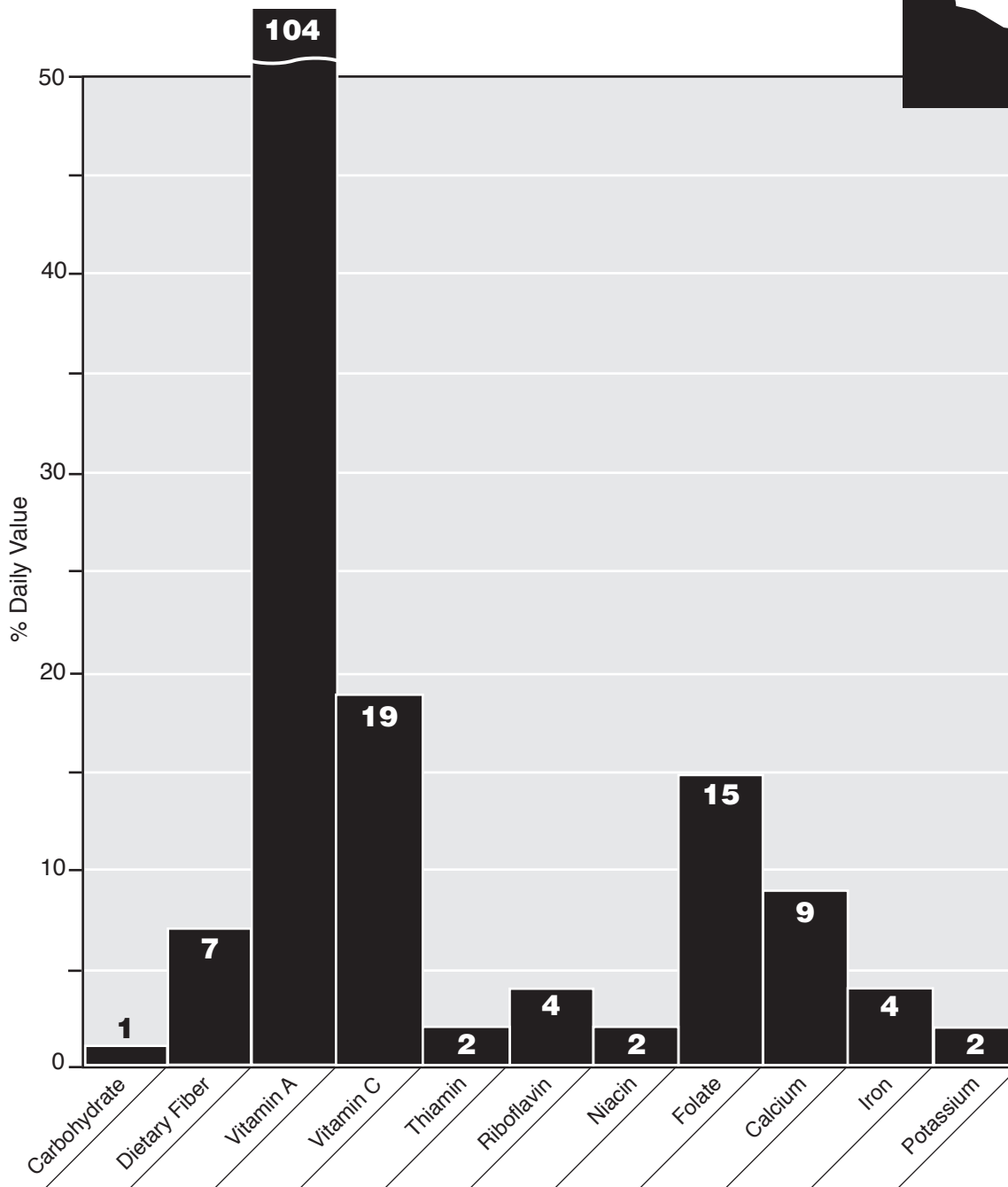


# Collard Green

Brassicaceae *Brassica oleracea* L. var. *acephala* DC  
(analysis based on boiled, drained collard green)



## Serving Size

- 1/2 Cup Chopped
- 64 Grams
- 17 Calories
  - 12% from fat
  - 20% from protein
  - 68% from carbohydrate
- 1 Gram Protein
- 3 Grams Carbohydrate
  - 2 grams dietary fiber
- 0.2 Gram Fat
- 59 Grams Water
- 10 Milligrams Sodium

