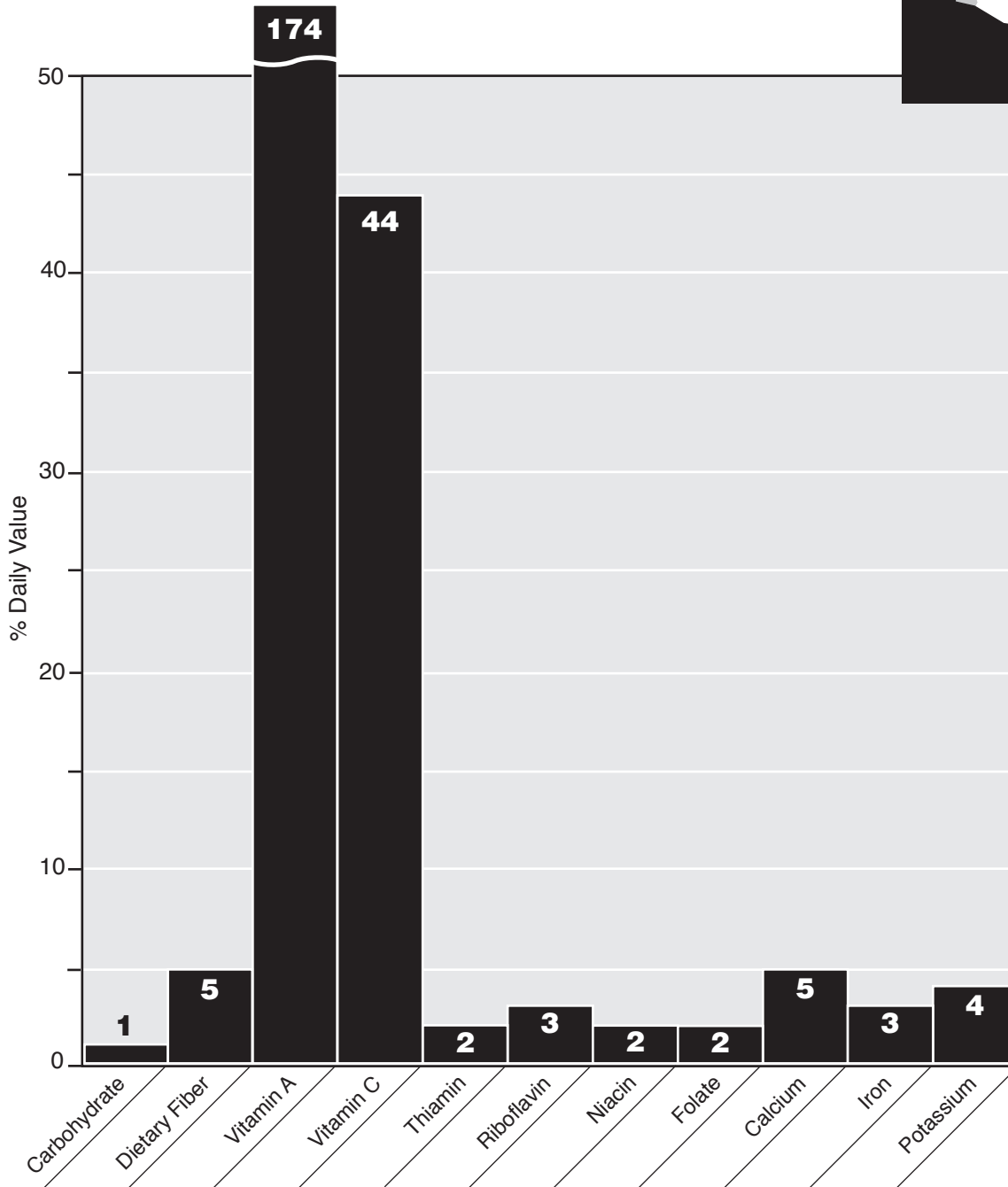


# Kale

Brassicaceae *Brassica oleracea* L. var. *acephala* DC

(analysis based on boiled, drained kale)

Pictured from top: red kale, green kale



## Serving Size

- 1/2 Cup Chopped
- 64 Grams
- 18 Calories
  - 12% from fat
  - 17% from protein
  - 71% from carbohydrate
- 1 Gram Protein
- 4 Grams Carbohydrate
  - 1 gram dietary fiber
- 0.3 Gram Fat
- 58 Grams Water
- 15 Milligrams Sodium

