

Kale, Shredded Blend

Serving Size 85 grams

Amount Per Serving

Calories 50

% Daily Value *

Total Fat 1 g	1%
Saturated Fat 0 g	0%
Trans Fat 0 g	
Cholesterol 0 mg	0%
Sodium 30 mg	1%
Total Carbohydrate 7 g	3%
Dietary Fiber 3 g	11%
Total Sugars 2 g	
Includes 0 g Added Sugars	0%

Protein 4 g

Vitamin D 0 mcg	0%
Calcium 128 mg	10%
Iron 1 mg	6%
Potassium 417 mg	8%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Allergens: No known allergens in this product.

Ingredients: This product contains kale. May contain green, flowering red, and/or Lacinato varieties.
