

# LEAFY GREENS



Nutrition Facts	
<b>SPINACH</b>	1 servings
Serving size	(30g)
Amount Per Serving	
<b>Calories</b>	<b>6</b>
	% Daily Value*
<b>Total Fat</b> 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 25mg	1%
<b>Total Carbohydrate</b> 0g	0%
Dietary Fiber 1g	2%
Total Sugars 0g	
Includes 0g Added Sugars	0%
<b>Protein</b> 1g	1%
<b>Calcium</b> 39mg	3%
<b>Iron</b> 0.72mg	4%
<b>Vitamin A</b>	56%
<b>Vitamin C</b>	14%

\*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.



Nutrition Facts	
<b>KALE</b>	1 servings
Serving size	(67g)
Amount Per Serving	
<b>Calories</b>	<b>33</b>
	% Daily Value*
<b>Total Fat</b> 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 29mg	1%
<b>Total Carbohydrate</b> 7g	2%
Dietary Fiber 0g	0%
Total Sugars 11g	
Includes 0g Added Sugars	0%
<b>Protein</b> 2g	4%
<b>Calcium</b> 117mg	9%
<b>Iron</b> 1.08mg	6%
<b>Vitamin A</b>	206%
<b>Vitamin C</b>	134%

\*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.

