

Nutrition Facts

Serving Size
3.0 oz (85g)

Calories
per serving **140**

Amount/serving	% DV	Amount/serving	% DV
Total Fat 4g	5%	Total Carb. 23g	8%
Saturated Fat .5g	3%	Fiber 5g	16%
<i>Trans Fat</i> 0g		Total Sugars 1g	
Cholesterol 0mg	0%	Incl.0g Added Sugars	0%
Sodium 105mg	4%	Protein 7g	
Vitamin D 0% · Calcium 25% · Iron 20% · Potassium 20%			

Braised Kale

Ingredients: kale, water, yellow onion, white wine, balsamic vinegar, olive oil, low sodium vegetable base, garlic