

Nutrition Facts

Serving Size
4.0 oz (113g)

Calories
per serving 160

Amount/serving	% DV
Total Fat 8g	11%
Saturated Fat 4.5g	23%
<i>Trans Fat</i> 0g	
Cholesterol 20mg	7%
Sodium 220mg	10%

Amount/serving	% DV
Total Carb. 16g	6%
Fiber 2g	8%
Total Sugars 3g	
Incl.0g Added Sugars	0%
Protein 8g	

Vitamin D 4% · Calcium 20% · Iron 10% · Potassium 10%

Creamed Kale

Ingredients: kale, milk, yellow onion, parmesan cheese, unsalted butter, flour, yellow onion, garlic, kosher salt, white pepper

Contains Milk, Wheat