

Nutrition Facts

Serving Size
3.0 oz (85g)

Calories
per serving **140**

Amount/serving

% DV

Total Fat 4g

5%

Saturated Fat .5g

3%

Trans Fat 0g

Cholesterol 0mg

0%

Sodium 105mg

4%

Amount/serving

% DV

Total Carb. 23g

8%

Fiber 5g

16%

Total Sugars 1g

Incl.0g Added Sugars

0%

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