

Nutrition Facts

Serving Size
3.0 oz (85g)

Calories
per serving 90

Amount/serving

% DV

Total Fat 2g

3%

Saturated Fat 0g

0%

Trans Fat 0g

Cholesterol 0mg

0%

Sodium 135mg

6%

Amount/serving

% DV

Total Carb. 17g

6%

Fiber 3g

12%

Total Sugars 0g

Incl.0g Added Sugars

0%

Protein 6g

Vitamin D 0% · Calcium 20% · Iron 15% · Potassium 15%

Sauteed Kale

Ingredients: kale, grape seed oil, kosher salt, black pepper