



Calories
334

Protein
24g

Fiber
32g

Vitamin A
308%

Vitamin C
200%

Vitamin K
1021%

Iron 240%

Magnesium
90%

Kale



High in protein, fiber, calcium and Vitamins A and C



As much Omegas 3 and 6 as half a serving of salmon



As much Vitamin K as 204 hard boiled eggs

