

Kale, raw

Refuse: 39% (Stem ends, tough stems and tough midrib parts)

Scientific Name: *Brassica oleracea* (Acephala Group)

NDB No: 11233 (Nutrient values and weights are for edible portion)

Nutrient	Units	Value per 100 grams	Number of Data Points	Std. Error	1.00 X 1 cup, chopped ----- 67g
Proximates					
Water	g	84.46	5	0.531	56.59
Energy	kcal	50	0	0	34
Energy	kJ	208	0	0	139
Protein	g	3.30	1	0	2.21
Total lipid (fat)	g	0.70	1	0	0.47
Ash	g	1.53	0	0	1.03
Carbohydrate, by difference	g	10.01	0	0	6.71
Fiber, total dietary	g	2.0	0	0	1.3
Minerals					
Calcium, Ca	mg	135	1	0	90
Iron, Fe	mg	1.70	1	0	1.14
Magnesium, Mg	mg	34	1	0	23
Phosphorus, P	mg	56	1	0	38
Potassium, K	mg	447	5	19.697	299
Sodium, Na	mg	43	5	13.695	29
Zinc, Zn	mg	0.44	1	0	0.29
Copper, Cu	mg	0.290	1	0	0.194
Manganese, Mn	mg	0.774	0	0	0.519
Selenium, Se	mcg	0.9	0	0	0.6
Vitamins					
Vitamin C, total ascorbic acid	mg	120.0	1	0	80.4
Thiamin	mg	0.110	1	0	0.074
Riboflavin	mg	0.130	1	0	0.087
Niacin	mg	1.000	1	0	0.670
Pantothenic acid	mg	0.091	0	0	0.061
Vitamin B-6	mg	0.271	1	0	0.182
Folate, total	mcg	29	0	0	19
Folic acid	mcg	0	0	0	0
Folate, food	mcg	29	0	0	19
Folate, DFE	mcg_DFE	29	0	0	19
Vitamin B-12	mcg	0.00	0	0	0.00

Vitamin A, RAE	mcg_RAE	769	0	0	515
Retinol	mcg	0	0	0	0
Carotene, beta	mcg	9226	4	2884.992	6181
Carotene, alpha	mcg	0	1	0	0
Cryptoxanthin, beta	mcg	0	1	0	0
Vitamin A, IU	IU	15376	0	0	10302
Lycopene	mcg	0	1	0	0
Lutein + zeaxanthin	mcg	39550	1	0	26498
Vitamin K (phylloquinone)	mcg	817.0	0	0	547.4
Lipids					
Fatty acids, total saturated	g	0.091	0	0	0.061
4:0	g	0.000	0	0	0.000
6:0	g	0.000	0	0	0.000
8:0	g	0.000	0	0	0.000
10:0	g	0.000	0	0	0.000
12:0	g	0.002	0	0	0.001
14:0	g	0.003	0	0	0.002
16:0	g	0.076	0	0	0.051
18:0	g	0.004	0	0	0.003
Fatty acids, total monounsaturated	g	0.052	0	0	0.035
16:1 undifferentiated	g	0.001	0	0	0.001
18:1 undifferentiated	g	0.049	0	0	0.033
20:1	g	0.000	0	0	0.000
22:1 undifferentiated	g	0.000	0	0	0.000
Fatty acids, total polyunsaturated	g	0.338	0	0	0.226
18:2 undifferentiated	g	0.138	0	0	0.092
18:3 undifferentiated	g	0.180	0	0	0.121
18:4	g	0.000	0	0	0.000
20:4 undifferentiated	g	0.002	0	0	0.001
20:5 n-3	g	0.000	0	0	0.000
22:5 n-3	g	0.000	0	0	0.000
22:6 n-3	g	0.000	0	0	0.000
Cholesterol	mg	0	0	0	0
Amino acids					
Tryptophan	g	0.040	57	0	0.027
Threonine	g	0.147	57	0	0.098
Isoleucine	g	0.197	57	0	0.132
Leucine	g	0.231	57	0	0.155
Lysine	g	0.197	57	0	0.132
Methionine	g	0.032	57	0	0.021

Cystine	g	0.044	3	0	0.029
Phenylalanine	g	0.169	57	0	0.113
Tyrosine	g	0.117	3	0	0.078
Valine	g	0.181	57	0	0.121
Arginine	g	0.184	57	0	0.123
Histidine	g	0.069	57	0	0.046
Alanine	g	0.166	3	0	0.111
Aspartic acid	g	0.295	3	0	0.198
Glutamic acid	g	0.374	3	0	0.251
Glycine	g	0.159	3	0	0.107
Proline	g	0.196	2	0	0.131
Serine	g	0.139	3	0	0.093
Other					
Alcohol, ethyl	g	0.0	0	0	0.0

USDA National Nutrient Database for Standard Reference, Release 21 (2008)