



**COLLARD GREENS**  
1 cup



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Collard Greens, Frozen Cooked

Nutrition Facts	
servings per container 1 cup (198g)	
Amount per serving	
<b>Calories</b>	<b>70</b>
	% Daily Value*
Total Fat 1g	2%
Saturated Fat 0g	0%
Trans Fat -g	0%
Cholesterol 0mg	0%
Sodium 550mg	11%
Total Carbohydrate 14g	3%
Dietary Fiber 6g	12%
Total Sugars 1g	2%
Includes 0g Added Sugars	0%
<b>Protein 6g</b>	<b>12%</b>
Vitamin D 0mcg	0%
Calcium 415mg	8%
Iron 2mg	4%
Potassium 496mg	10%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Collard Greens, Fresh Cooked

Nutrition Facts	
servings per container 1 cup (198g)	
Amount per serving	
<b>Calories</b>	<b>60</b>
	% Daily Value*
Total Fat 1.5g	3%
Saturated Fat 0g	0%
Trans Fat -g	0%
Cholesterol 0mg	0%
Sodium 410mg	8%
Total Carbohydrate 11g	2%
Dietary Fiber 6g	12%
Total Sugars 1g	2%
Includes 0g Added Sugars	0%
<b>Protein 5g</b>	<b>10%</b>
Vitamin D 0mcg	0%
Calcium 266mg	5%
Iron 2mg	4%
Potassium 220mg	5%

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