



Baby Kale

Baby Kale is the Lacinato or “dinosaur” variety, also known as Cavolo Nero or Black Tuscan Kale. This is a famously rugged variety with a deep, earthy flavor and thick, crinkled leaves. This baby version is cut when still small and tender – perfect for the salad bowl or using as a garnish. You still get the forest flavor of the large leaves but in a more delicate, slightly peppery flavor, similar to arugula

Fresh greens are great for livening up that everyday salad, but they can be so much more... Braised greens with chicken stock and smoked sausage rounds and a side of cornbread makes for a great down-home meal. Fresh spicy greens go well next to a hunk of hard cheese under a drizzle of good balsamic vinegar for a savory snack. And they are perfect as a garnish to add a splash of intensity to any gourmet plate.



Nutrition Facts

For a Serving Size of 85 grams (85g)

Calories 45		Calories from Fat 4.5 (10%)
		% Daily Value *
Total Fat	0.5g	-
Sodium	35mg	2%
Potassium	380mg	-
Carbohydrates	9g	-
Net carbs	7g	-
Fiber	2g	9%
Protein	3g	-
Vitamins and minerals		
Vitamin A	2340µg	261%
Vitamin C	153mg	255%
Calcium	100mg	10%
Iron	0.6mg	9%
Fatty acids		
Amino acids		

* The Percent Daily Values are based on a 2,000 calorie diet, so your values may change depending on your calorie needs.



DAIRY FREE



KETO FRIENDLY



LOW FAT*



LOW SODIUM*



PALEO FRIENDLY



VEGAN



VEGETARIAN