



## Sauteed Kale

SMALL  MEDIUM  LARGE

**Nutrition Facts** Serv. Size: 4 oz pp (123g), Servings: Varied, Amount Per Serving: **Calories** 90, Fat Cal. 35, **Total Fat** 4g (6% DV), Sat. Fat 1g (5% DV), *Trans* Fat 0g, **Cholest.** <5mg (1% DV), **Sodium** 95mg (4% DV), **Total Carb.** 11g (4% DV), Fiber 4g (16% DV), Sugars 3g, **Protein** 5g, Vitamin A (230% DV), Vitamin C (230% DV) . Calcium (20% DV), Iron (10% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.

**INGREDIENTS:** KALE, ONION, PORK, BACON, RENDERED FAT, COOKED, GARLIC, WHITE PEPPER, SALT