

136408

#136408 #136432

Green Onion	
Serving Size	1/4 cup chopped, 25 grams
Calories	10
Protein	0 grams
Carbohydrate	2 grams
Fat	0 gram
Cholesterol	0 milligrams
Sodium	5 milligrams
Potassium	70 milligrams
Dietary Fiber	1 gram
% of USRDA daily requirements	
Protein	*
Vitamin A	2%
Vitamin C	8%
Thiamin	*
Vitamin E	*

Tomatoes	
Serving Size	5.3s oz
Calories	35
Protein	1 gram
Carbohydrate	6 grams
Fat	1 gram
Cholesterol	0 milligrams
Sodium	10 milligrams
Potassium	360 milligrams
Dietary Fiber	1 gram
% of USRDA daily requirements	
Protein	2%
Vitamin A	20%
Vitamin C	40%
Iron	2%

Romaine Lettuce	
Serving Size	1 1/2 cup chopped, 3 oz
Calories	18
Protein	1 gram
Carbohydrate	2 grams
Fat	1 gram
Cholesterol	0 milligrams
Sodium	40 milligrams
Potassium	150 milligrams
Dietary Fiber	1 gram
% of USRDA daily requirements	
Protein	2%
Vitamin A	10%
Vitamin C	6%
Iron	2%

Kale	
Serving Size	1 cup chopped, 67 grams
Calories	33.5
Protein	2.2 grams
Carbohydrate	6.7 grams
Fat	0.5 gram
Cholesterol	0 milligrams
Sodium	28.8 milligrams
Dietary Fiber	1.3 grams
Omega 3	.1 grams
Fatty Acids*	