Produce of the Month

COLLARD GREENS

fun facts:

- Collard greens belong to the cabbage family. They produce dry fruit which splits to release numerous, small seeds.
- Name "collard" originates from the word "colewort", which is a synonym for the wild cabbage - an ancestor of modern collard greens.
- Collard greens is rich source of dietary fibers, vitamin B9, C, A, K and minerals such as iron, calcium, copper, manganese and selenium. 100 g of collard greens contains only 30 calories.
- Collard greens have been a part of the human diet for thousands of years. Ancient Greeks cultivated and consumed several varieties.

Nutrition Facts

Serving Size 1 cup collard greens (36g)
Servings Per Container 1

Amount Per Serving	
Calories 10	Calories from Fat 0
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 5mg	0%
Total Carbohydrate 2g	1%
Dietary Fiber 1g	4%
Sugars 0g	
Protein 1g	

Vitamin A 35% • Vitamin C 20%
Calcium 8% • Iron 0%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

A better tomorrow starts today