

MICRODRIED® KALE
Vegetable Powder



Analysis Name	Results	Units (per 100g)
Calories	336	Cal
Carbohydrates	58.80	g
Total Sugars	14.69	g
Sucrose	2.16	g
Dextrose	4.80	g
Fructose	4.92	g
Lactose	0	g
Maltose	0	g
Added Sugar	0	g
Total Fat	5.52	g
Trans Fat	0	g
Saturated Fat	0.708	g
Monounsaturated Fat	0.408	g
Polyunsaturated Fat	2.628	g
Total Dietary Fiber	24	g
Cholesterol	< 1.0	mg
Protein	31.92	g
Vitamin A (Beta Carotene)	75,036	IU
Vitamin C	560.40	mg
Vitamin D	0	mcg
Calcium	1632	mg
Iron	11.16	mg
Sodium	180	mg
Potassium	3480	mg

*Data obtained from multiple sources including testing and literature.
Data is not lot specific and should not be considered a specification.*

Milne MicroDried®

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