



Frozen Chopped Kale

Specifications :

Price	Contact us
Place of Origin	China
Min.Order Quantity	100
Payment Terms	T/T,L/C,D/P
Supply Ability	10000
Delivery Detail	3days-7days

Detail Introduction :

Calories	30
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0.0mg	0%
Sodium 15.0mg	1%
Total Carbohydrate 4g	1%
Dietary Fiber 2g	7%
Sugars 1g	
Includes Added Sugars 0g	
Protein 2g	
Calcium 120.0mg	10%
Potassium 270mg	6%
Iron 1.0mg	6%
Vitamin D 0.0mcg	0%

Is frozen kale as good as fresh?
If you're wondering whether frozen kale is as healthy as the fresh stuff, it totally is. It has all of the same nutrients that fresh kale has, and sometimes even more, depending on how “fresh” your fresh kale really is. Frozen kale is also a great way to eat kale year round, when it's not available locally.