

Green Leafy Vegetables

Per 1 cup of green leafy vegetable.

Nutrient	Lettuce 72g	Spinach 30g	Swiss Chard 36g	Collards 36g	Kale 16g	Beet Greens 38g	Mustard Green 56g	Dandelion greens 55g	Fennel 87g	Alfalfa 33g	Silver beet 136g	Chinese cabbage 109g	Cabbage 89g	Bok choy 76g	Rocket Arugula 10g
Water (g)	68.86	27.42	33.36	32.26	13.45	34.59	50.79	47.08	78.48	30.63	119.11	105	82.04	71.74	9.17
Energy (kcal)	10	7	7	12	8	8	15	25	27	8	58	13	22	12	2
Protein (g)	0.65	0.83	0.65	1.09	0.68	0.84	1.60	1.48	1.08	1.32	2.19	1.20	1.14	0.91	0.26
Total lipid (fat) (g)	0.10	0.12	0.07	0.22	0.15	0.05	0.24	0.38	0.17	0.23	0.23	0.19	0.09	0.15	0.07
Carbohydrate, by difference (g)	2.14	1.09	1.35	1.95	1.40	1.65	2.62	5.06	6.35	0.69	13.00	2.43	5.16	2.45	0.36
Fiber, total dietary (g)	0.9	0.7	0.6	1.4	0.6	1.4	1.8	1.9	2.7	0.6	3.8		2.2	0.9	0.2
Sugars, total (g)	1.42	0.13	0.40	0.17	0.36	0.19	0.74	0.39	3.42	0.07	9.19		2.85	1.07	0.20
Calcium, Ca (mg)	13	30	18	84	24	44	64	103	43	11	22	32	36	59	16
Iron, Fe (mg)	0.30	0.81	0.65	0.17	0.24	0.98	0.92	1.70	0.64	0.32	1.09	0.81	0.42	0.24	0.15
Magnesium, Mg (mg)	5	24	29	10	8	27	18	20	15	9	31	9	11	10	5
Phosphorus, P (mg)	14	15	17	9	15	16	32	36	44	23	54	21	23	22	5
Potassium, K (mg)	102	167	136	77	79	290	215	218	360	26	442	95	151	181	37
Sodium, Na	7	24	77	6	6	86	11	42	45	2	106	12	16	7	3
Zinc, Zn (mg)	0.11	0.16	0.13	0.08	0.09	0.14	0.14	0.23	0.17	0.30	0.48	0.15	0.16	0.17	0.05
Vitamin C, total ascorbic acid (mg)	2.0	8.4	10.8	12.7	19.2	11.4	39.2	19.2	10.4	2.7	6.7	3.5	32.6	20.5	1.5
Thiamin (mg)	0.030	0.023	0.014	0.019	0.018	0.038	0.045	0.104	0.009	0.025	0.042	0.005	0.054	0.030	0.004

Riboflavin (mg)	0.018	0.057	0.032	0.047	0.021	0.084	0.062	0.143	0.028	0.042	0.054	0.027	0.036	0.038	0.009
Niacin (mg)	0.089	0.217	0.144	0.267	0.160	0.152	0.448	0.443	0.557	0.159	0.454	0.508	0.208	0.304	0.030
Vitamin B-6 (mg)	0.030	0.058	0.036	0.059	0.043	0.040	0.101	0.138	0.041	0.011	0.091	0.040	0.110	0.176	0.007
Folate, DFE (µg)	21	58	5	46	23	6	7	15	23	12	148	47	38	60	10
Vitamin B-12 (µg)	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Vitamin A, RAE (µg)	18	141	110	90	80	120	85	279	42	3	3	14	4	12	12
Vitamin A, IU (IU)	361	2813	2202	1807	1598	2404	1693	5589	838	51	45	287	87	242	237
Vitamin E (alpha-tocopherol) (mg)	0.13	0.61	0.68	0.81	0.25	0.57	1.13	1.89	0.50	0.01	0.05		0.13	0.09	0.04
Vitamin D (D2 + D3) (µg)	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Vitamin D (IU)	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Vitamin K (phylloquinone) (µg)	17.4	144.9	298.8	157.4	112.8	152.0	144.2	428.1	54.6	10.1	0.3		67.6	32.6	10.9
Fatty acids, total saturated (g)	0.013	0.019	0.011	0.020	0.015	0.008	0.006	0.094	0.078	0.023	0.037		0.030	0.033	0.009
Fatty acids, total monounsaturated (g)	0.004	0.003	0.014	0.011	0.008	0.010	0.052	0.008	0.059	0.018	0.044		0.015	0.017	0.005
Fatty acids, total polyunsaturated (g)	0.053	0.050	0.025	0.072	0.054	0.017	0.021	0.168	0.147	0.135	0.082		0.015	0.055	0.032
Cholesterol (mg)	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0

Green leafy vegetables are some of the most nutritious vegetables for obtaining quality vitamins and minerals. So it's a great idea to try to include some in your diet every single day, and as you can see from the list, there are quite a few to choose from.

[You can find some great salad recipes here](#)

Have Questions?

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