

BENEFITS OF KALE



IT HAS MORE VITAMIN C THAN AN ORANGE!

One cup of chopped kale has 134 percent of your recommended daily intake of vitamin C, while a medium orange fruit has 113 percent of the daily C requirement. That's particularly noteworthy because a cup of kale weighs just 67 grams, while a medium orange weighs 131 grams. In other words? Gram for gram, kale has more than twice the vitamin C as an orange.

Vitamin C per gram

MORE CALCIUM THAN A CONTAINER OF MILK!

Kale vs. milk -- it isn't a direct comparison, but it's worth noting that kale has 150 mg of calcium per 100 grams, while milk has 125 mg.

Calcium per 100g

KALE IS LOW IN CALORIES, HIGH IN FIBER, AND HAS ZERO FAT

One cup of kale has only 36 calories, 5 grams of fiber and 0 grams of fat. It is great for aiding in digestion and elimination with its great fiber content. It's also filled with so many other vitamins, and nutrients, such as folate and magnesium.

WELL... IT'S... KIND OF FATTY (but IN A GOOD WAY!)

We don't typically think of our greens as sources of even healthful fats. But kale is actually a great source of alpha-linoleic acid (ALA), the omega-3 fatty acid that's essential for brain health, reduces Type 2 diabetes risk and boosts heart health as well. Each cup has 121 mg of ALA