

1 cup cooked kale nutrition

1 cup cooked kale nutrition provides a comprehensive insight into the rich nutrient profile of this leafy green vegetable when cooked. Kale, known for its dense nutritional content, offers numerous vitamins, minerals, and antioxidants essential for optimal health. Understanding the nutritional value of 1 cup cooked kale helps in meal planning and achieving dietary goals, particularly for those focusing on nutrient-dense foods. This article explores the detailed macronutrients, micronutrients, health benefits, and potential considerations associated with consuming cooked kale. Additionally, it covers cooking methods and how they affect the nutritional integrity of kale. The following sections will delve into the specifics of kale's nutrient content, its role in promoting wellness, and practical tips for incorporating it into a balanced diet.

- Nutritional Breakdown of 1 Cup Cooked Kale
- Health Benefits of Cooked Kale
- Impact of Cooking on Kale's Nutritional Value
- How to Incorporate Cooked Kale into Your Diet
- Potential Considerations and Precautions

Nutritional Breakdown of 1 Cup Cooked Kale

Understanding the precise nutritional composition of 1 cup cooked kale nutrition is essential for those seeking to maximize their dietary intake of vitamins and minerals. Cooked kale offers a concentrated source of nutrients compared to its raw counterpart, due to the reduction in volume through cooking.

Macronutrients in Cooked Kale

One cup of cooked kale typically contains a modest amount of calories, making it an excellent option for calorie-conscious diets. It provides carbohydrates, protein, and minimal fat, aligning well with various dietary preferences.

- Calories: Approximately 36 kcal
- Carbohydrates: Around 7 grams, including dietary fiber
- Protein: Roughly 2.5 grams
- Fat: Less than 1 gram, predominantly healthy fats
- Dietary Fiber: Approximately 2.6 grams

Micronutrients and Vitamins

Cooked kale is a powerhouse of vitamins and minerals, contributing significantly to daily recommended values. It is particularly rich in vitamin A, vitamin C, vitamin K, and several B vitamins, which play vital roles in bodily functions.

- Vitamin A: High levels mainly from beta-carotene
- Vitamin C: A potent antioxidant supporting immune function
- Vitamin K: Crucial for blood clotting and bone health
- Calcium: Important for bone strength and muscle function
- Iron: Essential for oxygen transport in the blood
- Potassium: Helps regulate fluid balance and blood pressure
- Magnesium: Supports muscle and nerve function

Health Benefits of Cooked Kale

The nutritional profile of 1 cup cooked kale translates into a variety of health benefits, making it a valuable addition to a balanced diet. Its antioxidants, vitamins, and minerals contribute to overall wellness and disease prevention.

Supports Immune Health

Cooked kale is rich in vitamin C and other antioxidants, which help neutralize free radicals and reduce oxidative stress. This supports a robust immune system and may reduce the risk of infections.

Promotes Bone Health

The high content of vitamin K and calcium in cooked kale plays a critical role in maintaining bone density and reducing the risk of osteoporosis. Vitamin K is essential for activating proteins involved in bone mineralization.

Enhances Heart Health

Potassium in cooked kale helps regulate blood pressure by counteracting the effects of sodium. Additionally, the fiber content supports healthy cholesterol levels, thereby reducing cardiovascular risk.

Aids Digestion and Weight Management

Dietary fiber in cooked kale promotes digestive health by facilitating regular bowel movements and supporting gut microbiota. Its low-calorie content also makes it suitable for weight management strategies.

Impact of Cooking on Kale's Nutritional Value

Cooking kale influences its nutrient profile, with some nutrients becoming more bioavailable while others may diminish. Understanding these changes is essential when considering the best preparation methods to maximize nutritional benefits.

Nutrient Retention and Loss

While cooking reduces vitamin C content due to heat sensitivity, it enhances the availability of certain antioxidants like beta-carotene. Minerals such as calcium and iron remain relatively stable during cooking.

Best Cooking Methods for Nutrient Preservation

Steaming and sautéing are preferred methods to retain the majority of nutrients in kale. Boiling may cause some water-soluble vitamins to leach into the cooking water, resulting in nutrient loss.

- Steaming preserves vitamin C and antioxidants effectively
- Sautéing with minimal oil maintains nutrient density and enhances flavor
- Avoid prolonged boiling to reduce nutrient depletion

How to Incorporate Cooked Kale into Your Diet

Incorporating 1 cup cooked kale nutrition into daily meals can be simple and versatile. Kale's mild flavor and texture adapt well to a wide range of dishes, boosting nutritional content without overpowering other ingredients.

Popular Culinary Uses

Cooked kale can be added to soups, stews, casseroles, and pasta dishes. It also works well as a side dish, seasoned with herbs and spices, or mixed into grain bowls and salads.

Preparation Tips

To maximize flavor and nutrient retention, wash kale thoroughly and remove tough stems before cooking. Use fresh kale and cook it lightly to preserve texture and nutrients.

- Sauté kale with garlic and olive oil for a simple side
- Add cooked kale to scrambled eggs or omelets
- Mix kale into grain-based salads like quinoa or brown rice bowls
- Incorporate kale into smoothies after steaming and cooling

Potential Considerations and Precautions

While 1 cup cooked kale nutrition provides numerous health benefits, certain considerations are important for specific populations and circumstances. Awareness of these ensures safe and effective consumption.

Thyroid Health and Goitrogens

Kale contains goitrogens, compounds that can interfere with thyroid function when consumed excessively and raw. Cooking significantly reduces goitrogenic activity, making cooked kale safer for individuals with thyroid concerns.

Vitamin K and Blood Thinners

Due to its high vitamin K content, cooked kale can affect blood clotting and interact with anticoagulant medications such as warfarin. Individuals on such medications should monitor their kale intake and consult healthcare providers.

Oxalate Content

Kale contains oxalates, which in high amounts may contribute to kidney stone formation in susceptible individuals. Moderation and adequate hydration help mitigate this risk.

- Cook kale to reduce goitrogens
- Consult with a healthcare provider if on blood-thinning medication
- Maintain balanced intake to avoid excessive oxalate consumption

Frequently Asked Questions

How many calories are in 1 cup of cooked kale?

1 cup of cooked kale contains approximately 36 calories.

What is the carbohydrate content in 1 cup of cooked kale?

1 cup of cooked kale has about 7 grams of carbohydrates.

How much protein does 1 cup of cooked kale provide?

1 cup of cooked kale provides around 2.5 to 3 grams of protein.

Is cooked kale a good source of dietary fiber?

Yes, 1 cup of cooked kale contains about 2.6 grams of dietary fiber, which supports digestion.

What vitamins are abundant in 1 cup of cooked kale?

Cooked kale is rich in vitamin A, vitamin C, and vitamin K, with 1 cup providing a significant percentage of the daily recommended intake.

How much calcium is in 1 cup of cooked kale?

1 cup of cooked kale contains approximately 90 to 100 mg of calcium.

Does 1 cup of cooked kale contain iron?

Yes, 1 cup of cooked kale contains about 1 mg of iron, contributing to daily iron needs.

What is the fat content in 1 cup of cooked kale?

1 cup of cooked kale contains less than 1 gram of fat, making it a low-fat food.

How does cooking affect the nutrient content of kale?

Cooking kale can reduce some water-soluble vitamins like vitamin C but can increase the availability of others like vitamin A and certain antioxidants.

Is 1 cup of cooked kale a good source of potassium?

Yes, 1 cup of cooked kale provides around 300 to 350 mg of potassium, which supports heart and muscle function.

Additional Resources

1. *The Nutritional Power of Kale: A Comprehensive Guide*

This book dives deep into the nutritional profile of kale, focusing on the benefits of consuming just one cup of cooked kale daily. It explores the vitamins, minerals, and antioxidants packed into this leafy green and how they contribute to overall health. Readers will find practical tips on incorporating kale into their diets for maximum nutrient absorption.

2. *Kale and Your Health: Unlocking the Benefits of One Cup Cooked*

Discover the myriad health benefits of eating one cup of cooked kale in this accessible guide. The author breaks down the science behind kale's nutrients, including fiber, vitamin K, and calcium, and explains how they support heart health, digestion, and bone strength. The book also offers tasty recipes to make cooked kale a staple in your meals.

3. *Superfood Spotlight: The One Cup Cooked Kale Edition*

This book highlights kale as a superfood and focuses on the nutritional impact of a single cup of cooked kale. It discusses kale's role in disease prevention and immune support, backed by the latest research. Alongside nutritional facts, readers will find meal ideas and preparation techniques to retain kale's nutrients.

4. *Eating Green: The Science Behind One Cup Cooked Kale*

Explore the science of green leafy vegetables through the lens of one cup cooked kale. This book explains the bioavailability of key nutrients in cooked kale and compares it to other vegetables. It's perfect for those interested in understanding how cooking affects nutrient content and the best ways to prepare kale for optimal health benefits.

5. *Kale Nutrition Essentials: What One Cup Cooked Can Do for You*

Focused on practical nutrition, this book details the essential vitamins and minerals found in one cup of cooked kale and their health implications. Readers will learn about kale's role in reducing inflammation, supporting eye health, and improving digestion. The book also includes guidance on portion sizes and incorporating kale into everyday meals.

6. *The Kale Cookbook: Nutritious Recipes Featuring One Cup Cooked Kale*

Combining nutrition and culinary arts, this cookbook centers around recipes that include one cup of cooked kale per serving. Each recipe is accompanied by a nutritional breakdown highlighting the benefits of kale. It's an excellent resource for those looking to enjoy delicious, nutrient-rich meals that emphasize kale's health properties.

7. *Kale and Wellness: Harnessing the Power of One Cup Cooked*

This wellness guide connects the dots between diet, lifestyle, and the health benefits of eating one cup of cooked kale regularly. The author discusses how kale supports detoxification, boosts energy, and promotes longevity. Readers will find motivational tips and easy meal plans to integrate kale into their wellness routines.

8. *Green Giants: The Nutritional Impact of One Cup Cooked Kale*

Focusing on kale as a nutritional giant, this book explains the macro and micronutrients present in one cup of cooked kale and their physiological effects. It covers kale's antioxidant properties and its role in combating chronic diseases. The book is filled with scientific insights made accessible for general readers interested in nutrition.

9. *From Garden to Table: Maximizing Nutrition in One Cup Cooked Kale*

This book offers a farm-to-table perspective on kale, emphasizing how growing, harvesting, and cooking methods affect the nutrient content of one cup cooked kale. It provides tips for selecting the best kale and preparing it to preserve its nutritional integrity. Ideal for food enthusiasts who want to maximize the health benefits of their greens.

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1 cup cooked kale nutrition: Raw and Natural Nutrition for Dogs, Revised Edition Lew Olson, 2015-08-18 The definitive guide to feeding your dog a balanced, nutritious, and home-cooked raw diet—from the founder of a natural pets product company with over thirty years of experience Many people want to prepare their dog’s meals at home, but feel it is too complex. Raw and Natural Nutrition for Dogs provides a road map to the essentials of canine nutrition, written in easy-to-understand language. Pet owners seeking to give their dogs a better coat, better skin, and healthier teeth and gums, as well as longer lives and more stable temperaments, will benefit not only from the background data in this book, but also the step-by-step instructions and recipes for preparing these diets. The book includes charts with the recipes, instructions on keeping diets simple and balanced, guidelines on preparation, suggestions for finding ingredients, and how much to feed a dog by body weight. There are recipes for healthy adult dogs, as well as guidelines for puppies, senior dogs, and dogs with health conditions including pancreatitis, renal problems, gastric issues, allergies, heart disease, liver disease, and cancer. Tracing the history of feeding dogs, the author shows when commercial dog food rose and took hold of the market. She discusses canine nutritional needs and provides research on how home-prepared foods can meet pets’ needs better than commercial, processed dog food. Written with thorough information for the seasoned raw feeder, this guide can also be easily followed by any newcomer to home-feeding. This revised edition includes new information on special care and feeding of pregnant, newborn, performance, and toy breed dogs as well as senior dog considerations and the safety of the raw food diet for dogs.

1 cup cooked kale nutrition: Diabetes Meal Planning & Nutrition For Dummies Simon Poole, Amy Riolo, 2023-11-07 Learn how to eat well, improve your health, and enjoy life with diabetes The new edition of Diabetes Meal Planning & Nutrition For Dummies offers you a holistic approach to living your best life with diabetes. Optimize your diet and plan delicious meals that will empower you to take control, improve your health, prevent, and even reverse diabetes. Written by an award-winning chef and renowned doctor who are both experts in the field of nutrition, this book helps you understand what defines healthful eating for diabetes, its crucial role to long term health, and how meal planning is a key to successful diabetes management. Learn how to receive all the nutrients necessary for glucose control while managing Type 1 or Type 2 diabetes and maintaining ideal weight. Discover how to supercharge your diet and protect yourself from the complications associated with diabetes with anti-inflammatory and antioxidant-rich foods. To get you started, this indispensable guide includes 22 mouthwatering, easy to recreate, and affordable recipes that maximize the benefits of nutritious ingredients to regulate blood glucose levels. The kitchen and shopping hacks will enable you to master culinary therapy and take delight in preparing meals and cooking. This updated edition includes: Practical examples of meal plans perfectly suited for prediabetes, Type 1, and Type 2 diabetes A whole person approach to diabetes that focuses on diet,

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1 cup cooked kale nutrition: Food Buying Guide for Child Nutrition Programs , 2001

1 cup cooked kale nutrition: Raw and Natural Nutrition for Dogs Lew Olson, 2010-09-07

***The first guide to both raw feeding and healthy homecooked meals for dogs. In the whirlwind of information about local, organic, and whole foods, it's easy to forget that our canine companions can also benefit from—and deserve—a more natural and nurturing diet. Preparing Fido's food at home may seem daunting, but it's really not, says Lew Olson in *Raw & Natural Nutrition for Dogs*. Olson discusses canine nutritional needs and explains the research on how home-prepared foods, particularly raw foods, can meet pets' needs better than commercial, processed dog food. Step-by-step instructions and recipes make preparation easy. The book includes charts with the recipes, instructions on keeping diets simple and balanced, guidelines on preparation, suggestions for finding ingredients, and how much to feed a dog by body weight. There are recipes for healthy adult dogs as well as guidelines for puppies, senior dogs, and dogs with health conditions including pancreatitis, renal problems, gastric issues, allergies, heart disease, liver disease, and cancer. Pet owners seeking to give their dogs a better coat, better skin, and healthier teeth and gums, as well as longer lives and more stable temperaments, are sure to welcome this book. From the Trade Paperback edition.

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1 cup cooked kale nutrition: *Clinical Case Studies for the Nutrition Care Process*

Elizabeth Zorzanello Emery, Emery, 2011-08-24 Designed for graduate nutrition students, dietetic interns, and practicing dietitians, *Clinical Case Studies for the Nutrition Care Process* presents

realistic scenarios for a variety of cases organized in the format of the Nutrition Care Process. Cases are drawn from the author's experience and collected from practitioners who are experts in their field, providing a variety of interesting scenarios. Topics such as adolescent obesity and dietary management in diabetes are explored. As a part of the American Dietetic Association's Nutrition Care Process (NCP), dietitians, educators, and students have been asked to adopt a new standardized language for nutrition diagnosis. While this process utilizes many aspects of the traditional care model, dietitians may be unsure of how to implement the completely new aspect of standardized language and Nutrition Diagnosis. Not only does this book include an introductory section on the Nutrition Care Process, but readers will learn how to use the standardized terms, develop a nutrition diagnosis, and apply the standardized language to specific clinical cases.

1 cup cooked kale nutrition: Public Health Nutrition Judith L. Buttriss, Ailsa A. Welch, John M. Kearney, Susan A. Lanham-New, 2017-04-05 In this second edition of the bestselling title from the acclaimed Nutrition Society Textbook series, Public Health Nutrition has been extensively revised to ensure that it reflects the latest evidence-based knowledge and research.

Ground-breaking and comprehensive in both its scope and approach, Public Health Nutrition has been fully updated by an expert editorial team to cover the most recent changes in the field. It now offers a structured overview of the subject's core concepts and considers public health nutrition tools and the application of intervention strategies. Divided into five key sections, Public Health Nutrition contains a wealth of information, including: Public health nutrition concepts and assessment tools, and their application in light of the latest evidence. Case studies to illustrate how best to apply the theory and evidence to policy and practice. An examination of nutrition throughout the lifecycle, and the relationship between diet and disease, including in relation to obesity, diabetes, cancer, as well as mental health. The impact of environmental factors on public health. Public health strategies, policies and approaches. With a clear and concise structure, Public Health Nutrition is an essential purchase for students of nutrition, dietetics and other healthcare areas, as well as an invaluable practical guide for health professionals working within public health. A supporting companion website featuring multiple-choice, short answer, and essay style questions is available at www.wiley.com/go/buttriss/publichealth

1 cup cooked kale nutrition: Nutrition and Health in the Bible Kathleen O'Bannon, 2008-03-18 Discover the World's Most Proven Health Plan You want to be healthy, but all those diet fads have left you hungry for something more. There's one Plan for healthy living that's guaranteed to satisfy and that's God's plan! With The Smart Guide to the Bible: Nutrition and Health in the Bible you'll get all your needs met: mind, body, and soul. You'll be amazed at the complete information the Bible contains about nutrition, health, exercise, weight loss, food, cooking, fasting, and remedies. And, of course, it all aligns with the latest in scientific research. No surprise there; after all, God designed the human body and knows what's best to keep it healthy! Get started on the world's most proven health plan today! Be Smart About: Weight Loss Eating to Combat Disease Exercise Fasting Biblical Diets Bible-based Recipes & Remedies Healthy Living for Your Family And More!

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1 cup cooked kale nutrition: Nutritional and Medical Management of Kidney Stones Haewook Han, Walter P. Mutter, Samer Nasser, 2019-07-12 This text comprehensively covers the nutritional and medical management and prevention of kidney stones. Sections address types of stones, nutritional risks, medical and pharmaceutical managements, prevention of recurrence, and special consideration of stone risks among specific diseases such as obesity with gastric bypass, chronic kidney disease, and gastric intestinal disorders. Diagnosis of kidney stones, urinalysis and biochemical indices, dietary assessment, and medical nutrition therapy for specific types of kidney stones are also included. In addition, case studies are provided in the appendix. Cutting edge research is also highlighted in regards to pharmaceutical treatments and epidemiological findings in nutrition and kidney stones. Nutrition in Medical Management of Kidney Stones will be a practical resource for health professionals in the fields of nutrition, nephrology, urology, and general

medicine, as well as medical students, resident physicians, and allied health clinicians whose research, practice, and education includes nutrition and kidney stones.

1 cup cooked kale nutrition: Alpha Nutrition Program Stephen Gislason MD, 2017-07-14
The Alpha Nutrition Program was designed to resolve common food related diseases. The book addresses a wide range of medical problems such as diabetes 2, arterial disease, high blood pressure, digestive disorders, skin disorders, fatigue, arthritis, weight-loss, and other common problems associated with food. People who feel sick-all-over or who suffer from chronic fatigue and chronic pain often improve on the program. Weight management is covered in a new and intelligent way. Common digestive problems are addressed. Several common health problems in children are resolved. The central feature of the Alpha Nutrition Program is diet revision. Dr. Stephen Gislason invented diet revision therapy in 1983. His method of diet revision has been tested by thousands of people. The program is designed as self-help and provides sufficiently detailed instructions that you can conduct your own diet revision therapy. The Alpha Nutrition Program is presented in three sections Section 1 provides you with an understanding of how the Alpha Nutrition Program works. You then consider where you come from - your attitudes, beliefs, lifestyle, and then you proceed to understand the stages of transformation as you pursue diet revision. The discussion of symptoms will help you to monitor yourself, your children and other family members. Single people, couples and entire families do the program. Usually one person acts as the leader and supplies the main energy and direction for change. The program works well for children; mother is more often the leader when one child in the family needs help, and mother may need to involve the entire family to help one child. A separate chapter describes guiding children through the program. The Alpha Program food choices are explained. Section 2 is the program food instructions. The program has three phases and each is explained in its own chapter. The food list and instructions for each phase are defined first. Predictions about changes are then described with problem-solving instructions. Three tracks through the program are described. The goals are clearly defined for each phase and you are given instructions about what foods you should eat, what to expect, how to problem solve, and how to use nutritional tools such as the nutrient formulas, Alpha ENF and Alpha DMX. Section 3 explains meal-planning and nutrition and provides additional information about topics of major concern. The Alpha Nutrition Book of Cooking is a companion volume to the Alpha Nutrition Program. This text provides practical knowledge, helpful in understanding how to prepare foods and create recipes that are suitable for recovery from a variety of health problems.

1 cup cooked kale nutrition: Nancy Clark's Sports Nutrition Guidebook, 5E Nancy Clark, 2013-10-02 Boost your energy, build muscle, lose fat, and improve your performance with the best-selling sports nutrition guide! The fifth edition includes the latest research on hydration, vitamins, supplements, energy drinks, organic foods, and balancing carbohydrate and protein intake for exercise and competition.

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1 cup cooked kale nutrition: Krause and Mahan's Food and the Nutrition Care Process E-Book Janice L Raymond, Kelly Morrow, 2020-05-03 - NEW! Food-Nutrient Delivery: Planning the Diet with Cultural Competency chapter provides international nutrition guidelines and resources to assist you with multicultural meal planning. - NEW! Clinical: Nutritional Genomics chapter features an author from the NIH's Human Genome Project and introduces you to the latest research about CRISPR and epigenetics. - NEW! MNT for Neurologic Disorders chapter features two new authors, including a speech therapist, and displays IDDSI guidelines and an appendix for dysphagia diets to help you carefully and consistently address the nutritional needs of these patients. - NEW! Clinical: Water, Electrolytes, and Acid-Base Balance and Clinical: Biochemical, Physical, and Functional

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1 cup cooked kale nutrition: A Fundamental Guide for a Healthy Lifestyle and Nutrition

Ugur Gogus Ph. D, 2011-02 All scientific claims indicate one result that food and nutrition is an integral part of medicine while medicine can not show its curing potential without a correct and complementary food and nutrition. A blood thinning (anticoagulant) drug when combined with too much blood thinning food consumption can increase the risk of internal bleeding risk and may be fatal. Bergamottin in grapefruit can inhibit the activity of liver enzymes and can cause the accumulation of radio and chemotherapeutic agents in blood which can increase the side effects of such anti-carcinogen treatments. Similarly, fibers which are introduced as healthy food components with their weight loosing and cancer protecting effects may bind some important nutrients which may result in immunodeficiency and chronic fatigue. Omega 3 fatty acids as the healthiest fat options may even be fatal during ventricular tachycardia. I have tried to inform the reader that there is no a completely healthy or a completely harmful food while there are some beneficial foods for some diseases and disorders. I strongly believe that you will be able to enhance the curing potential of the traditional medicine with the correct food, nutrition and life style for each disease which is carefully and scientifically analysed in the book. -Dr. Ugur Gogus

1 cup cooked kale nutrition: Nutrition and Health Rosemary Wachira RD CDCES, 2021-12-13

“Nutrition and Health – Fighting Cancer, Diabetes and Heart Disease takes the reader on a journey to reconnect with the most fundamental healing tool – our food. This book will offer you an abundance of practical tips for optimal eating and living and will be an indispensable resource for you to refer to readily. Whether you are interested in weight loss, restoration, prevention, or health maintenance, you will walk away empowered and equipped with the right guidance on how to make it happen. Begin the transformation to live your best life ever now! I am honored to recommend this book for your reading.” --Dr. Lennox A. Graham Ph.D. Professor Howard University Washington DC
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1 cup cooked kale nutrition: Discovering Nutrition Insel, Don Ross, Kimberley McMahon,

Melissa Bernstein, 2018-02-15 Written with non-majors in mind, Discovering Nutrition, Sixth Edition introduces students to the fundamentals of nutrition with an engaging and personalized approach. The text focuses on teaching behavior change and personal decision making with an emphasis on how our nutritional behaviors influence lifelong personal health and wellness, while also presenting up-to-date scientific concepts in a number of innovative ways. Students will learn practical

consumer-based nutrition information using the features highlighted throughout the text, including For Your Information boxes presenting controversial topics, Quick Bites offering fun facts, and the NEW feature Why Is This Important? opens each section and identifies the importance of each subject to the field.

1 cup cooked kale nutrition: Hearings, Reports and Prints of the Senate Select Committee on Nutrition and Human Needs United States. Congress. Senate. Select Committee on Nutrition and Human Needs, 1971

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