



<b>Nutrient</b>	<b>Unit</b>	<b>1 Value Per100 g</b>	<b>1.0 cup chopped 91g</b>	<b>1.0 bunch 608g</b>	<b>1.0 spear (about 5" long) 31g</b>	<b>1.0 stalk 151g</b>	<b>0.5 cup, chopped or diced 44g</b>	<b>1.0 NLEA serving 148g</b>
Vitamin D	IU	0	0	0	0	0	0	0
Vitamin K (phylloquinone)	µg	101.6	92.5	617.7	31.5	153.4	44.7	150.4
<b>Lipids</b>								
Fatty acids, total saturated	g	0.039	0.035	0.237	0.012	0.059	0.017	0.058
Fatty acids, total monounsaturated	g	0.011	0.010	0.067	0.003	0.017	0.005	0.016
Fatty acids, total polyunsaturated	g	0.038	0.035	0.231	0.012	0.057	0.017	0.056
Cholesterol	mg	0	0	0	0	0	0	0
<b>Other</b>								
Caffeine	mg	0	0	0	0	0	0	0