

Foods Product Information Sheet

Mustard Greens, Cooked

NUTRITION FACTS

Serving size: 1/2 cup

Amount Per Serving

Calories 25

Total Fat 1g

Saturated Fat 0g

Sodium 225mg

Source: USDA Foods Vendor Labels

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CN One 1/2 cup portion of Cooked Mustard Greens provides 1/2 cup Dark Green Vegetable for the Child Nutrition Meal Pattern Requirements. **CN**

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