

Nutrient Data for Common Staple Greens

Arugula

Ca:P - 3:1
Protein - 2.6%
Fat - 0.7%
Fiber - 2.1%
Water - 92%



Collard Greens

Ca:P - 14.5:1
Protein - 2.5%
Fat - 0.4%
Fiber - 3.6%
Water - 91%



Dandelion Greens

Ca:P - 2.8:1
Protein - 2.7%
Fat - 0.7%
Fiber - 3.5%
Water - 86%



Endive

Ca:P - 1.9:1
Protein - 1.3%
Fat - 0.2%
Fiber - 3.1%
Water - 94%



Escarole

Ca:P - 1.9:1
Protein - 1.15%
Fat - 0.18%
Fiber - 2.8%
Water - 94%



Mustard Greens

Ca:P - 2.4:1
Protein - 2.7%
Fat - 0.2%
Fiber - 3.3%
Water - 91%



Swiss Chard

Ca:P - 1:1
Protein - 1.8%
Fat - 0.2%
Fiber - 1.6%
Water - 93%



Turnip Greens

Ca:P - 4.5:1
Protein - 1.5%
Fat - 0.3%
Fiber - 3.2%
Water - 93%



Sources

- Bearded nutritional data. Bearded Dragon Nutrition Data, from <http://www.thebeardeddragon.org/bearded-dragon-nutrition-data.php>
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- Nutrition Content. Beautiful Dragons, from <http://www.beautifuldragons.com/Nutrition.html>
- U.S. Food and Drug Administration. (2018). Information from the Center for Food Safety and Applied Nutrition. Center for Food Safety and Applied Nutrition, from <https://www.fda.gov/food>
- United States Department of Agriculture. (2019). FoodData Central. FoodData Central, from <https://fdc.nal.usda.gov/>



This educational
resource was created by
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