



# Kale, Lacinato

- Scientific name: Brassica oleracea 'Lacinato'
- Lacinato kale leaves are not as tightly frilled as green kale. They are still crinkled, waxy, and hardy, but this kale is better suited for shredding into salads, cooking, and it really shines when made into dehydrated kale chips. The crinkled, yet flat, texture is perfect for seasoning to adhere to.
- Color can range from dark green to dark green into purplish.
- Also called: Cacolo Negro, Dinosaur kale, Tuscan Cabbage, or Tuscan Black Cabbage.

## Purchasing Specifications

### Availability:

Year round

### Growing Regions:

USA

### Receiving Information:

- Selection: Choose dark colored kale bunches with small to medium leaves. Avoid brown or yellow leaves.
- Storage: Store kale in a plastic bag in the coldest part of the fridge.
- Wilting: Kale is susceptible to wilting if it is stored in an area with low humidity or exposed to drafts. Maintain proper storage temperature and humidity level. Keep kale away from drafts.

### Storage/Handling

- Ethylene Producer: No
- Ethylene Sensitive: Yes
- Water Sprinkle: Yes
- Odor Producer: No
- Ripens After Harvest: No
- Mist: Yes
- Odor Sensitive: No

## Nutrition Facts

**Serving Size: 1 cup chopped green kale**

Amount Per Serving

Calories 33	Fat Calories
% Daily Value*	
Total Fat 1g	
Sat Fat 0g	0%
Trans Fat	
Cholesterol 0 mg	0%
Sodium 25mg	1%
Total Carbohydrates 6g	5%
Dietary Fiber 1g	5%
Sugars 0g	
Protein 3g	6%
Potassium 329mg	7%
Vitamin A 48%	Vitamin C 107%
Calcium 10%	Iron 5%

\*Percent Daily Values are based on a 2,000-calorie diet.