

# Kale *Brassica oleracea var. acephala*



<b>Other names</b>	Borecole, Scottish cabbage, Ornamental Cabbage
<b>Description</b>	Kale is a plant of the Cabbage family, Brassicaceae (formerly Cruciferae or 'Cruciferous'). Unlike its more common cousins, cabbage, broccoli & cauliflower, kale does not form an actual flower head, but is known rather for its unique leaf. Still true to its type though, Kale has that same unique and pungent smell from its high sulphur content as for the other <i>brassic</i> as.
<b>Part/s used</b>	Leaf
<b>Nutrients</b>	High in potassium, magnesium, vitamins A, C & K. Good source of iron & calcium. In sprout form it has even higher levels of essential nutrients and is an extremely valuable source of digestive enzymes.
<b>Phytochemicals</b>	Beta-carotene, lutein, glucosinolates, (such as sulforaphane)
<b>Medicinal properties</b>	Kale, like the other <i>brassic</i> as is known to be high in antioxidant and anti-cancer compounds. It has also been found to be anti-inflammatory.
<b>Other facts</b>	Kale is the hardiest cultivar of the brassicas, known to be one of the only green leaf vegetables to be able to survive the cold winters of Europe. In fact, it is said that freezing actually enhances the sweetness and the flavour of Kale. During the Middle Ages it was one of the most well known vegetables. Kale is easily grown and throughout world history its planting has been encouraged in times of famine and food shortages. Kale's recorded history dates back to 400 BC Greece.

Kale, raw Nutritional value per 100 g (3.5 oz)	
Energy	30 kcal 120 kJ
<b>Carbohydrates</b>	10.01 g
- Sugars	1.25 g
- Dietary fibre	2.0 g
<b>Fat</b>	0.7 g
<b>Protein</b>	3.3 g
Vitamin A equiv.	769 µg 86%
- β-carotene	9226 µg 86%
Thiamin (Vit. B1)	0.110 mg 8%
Riboflavin (Vit. B2)	0.13 mg 10%
Niacin (Vit. B3)	1.0 mg 6%
Pantothenic acid (B5)	0.091 mg 2%
Vitamin B6	0.271 mg 22%
Folate (Vit. B9)	29 µg 7%
Vitamin C	120 mg 199%
Calcium	135 mg 13%
Iron	1.7 mg 13%
Magnesium	34 mg 9%
Phosphorus	56 mg 8%
Potassium	447 mg 10%
Zinc	0.44 mg 3%
Percentages are relative to US recommendations for adults. Source: USDA Nutrient database	