

P Brassica oleracea var. viridis L.

Common Name(s)

Collards, Cow Cabbage, Spring-Heading Cabbage, Tall Kale, Tree Kale

How Used

F

Chemical	Plant Part	Low PPM	High PPM	StdDev	Reference	Citation
3	ALANINE	Leaf	670	10981	-0.3756774873368582	
15	ALPHA-LINOLENIC-ACID	Plant	--	--		
14	ARGININE	Leaf	800	13112	-0.418972992535844	
112	ASCORBIC-ACID	Leaf	233	3819	-0.08956556100616822	
0	ASH	Leaf	5500	90145	-0.5057766763863177	
3	ASPARTIC-ACID	Leaf	1200	19668	-0.4648240859676949	
53	BETA-CAROTENE	Leaf	20	328	0.29048330710696396	
28	CALCIUM	Leaf	1170	19180	0.050755097464239715	
0	CARBOHYDRATES	Leaf	37600	616264	0.03510549389392143	
12	COPPER	Leaf	2	43	0.42222489958698123	
2	CYSTINE	Leaf	160	2624	-0.24600378339796622	

Chemical	Plant Part	Low PPM	High PPM	StdDev	Reference	Citation
0	FAT	Leaf	2200	36058	-0.4065883780677744	
15	FIBER	Leaf	5700	93423	-0.8422820003427193	
15	FOLACIN	Leaf	0.83	2.4	-0.788307139934259	
1	GLUCOBRASSICANAPIN	Seed	--	--		
1	GLUCONAPIN	Seed	--	--		
8	GLUTAMIC-ACID	Leaf	1310	21471	-0.8896021631464629	
12	GLYCINE	Leaf	600	9834	-0.15457861237251436	
7	HISTIDINE	Leaf	300	4917	-0.2305062903197567	
6	IRON	Leaf	6	102	-0.6620349132700066	
3	ISOLEUCINE	Leaf	640	10490	-0.4054812426557532	
0	KILOCALORIES	Leaf	190	3112	0.15138729299100642	
2	LEUCINE	Leaf	970	15900	-0.09450853927892945	
27	LINOLEIC-ACID	Plant	--	--		
4	LYSINE	Leaf	750	12293	-0.13076142098797902	
65	MAGNESIUM	Leaf	170	2786	-0.5173206708880693	
14	MANGANESE	Leaf	4	60	-0.3601383767008548	
15	METHIONINE	Leaf	210	3442	0.29511437290850057	
6	MYRISTIC-ACID	Plant	--	--		
0	NAPOLEIFERIN	Seed	--	--		

Chemical	Plant Part	Low PPM	High PPM	StdDev	Reference	Citation
39	NIACIN	Leaf	3.7	61	-0.4439803651662575	
18	OLEIC-ACID	Plant	--	--		
0	OXALATE	Leaf	4500	73755	2.3191173308235538	
13	PALMITIC-ACID	Plant	--	--		
2	PALMITOLEIC-ACID	Plant	--	--		
11	PANTOTHENIC-ACID	Leaf	0.64	10.5	-0.7043161410144733	
7	PHENYLALANINE	Leaf	560	9178	-0.2833991845426497	
4	PHOSPHORUS	Leaf	160	2622	-0.4322690394045494	
2	PHYTOSTEROLS	Plant	--	--		
14	POTASSIUM	Leaf	1480	24257	-0.26879170830981325	
1	PROGOITRIN	Seed	--	--		
0	PROLINE	Leaf	670	10981	-0.038189267949905695	
0	PROTEIN	Leaf	15700	257323	0.4536864993705434	
15	RIBOFLAVIN	Leaf	0.6	10.5	-0.1286429242454914	
1	SERINE	Leaf	500	8195	-0.5801932631887451	
7	SINIGRIN	Seed	--	--		
1	SODIUM	Leaf	280	4589	0.16775307040251808	
8	STEARIC-ACID	Plant	--	--		
31	THIAMIN	Leaf	0.3	4.75	-0.7408042664718318	

Chemical	Plant Part	Low PPM	High PPM	StdDev	Reference	Citation
4	THREONINE	Leaf	550	9014	-0.25995673503926836	
29	TRYPTOPHAN	Leaf	200	3278	0.2767763708339286	
8	TYROSINE	Leaf	420	6884	-0.3120085982143061	
3	VALINE	Leaf	770	12620	-0.02043456158031096	
0	VIT-B-6	Leaf	0.7	11	-0.4171225150894994	
0	WATER	Leaf	932500	945500	0.6877926249852085	
77	ZINC	Leaf	10	157	0.43674362649122483	