

Kale vs Spinach (vsdiff.com)

Nutrient (per 100g)	Kale (raw)	Spinach (raw)
Energy (kcal)	~25-50	~20-40
Protein (g)	~2.0-3.5	~2.0-3.0
Vitamin K (µg)	~300-500	~400-700
Vitamin A (µg RAE)	~400-500	~470-560
Vitamin C (mg)	~70-120	~20-50
Iron (mg)	~0.5-1.5	~2.0-3.6
Calcium (mg)	~120-200	~90-150
Oxalates (mg)	~50-150	~250-1,000

Source: <https://vsdiff.com/kale-vs-spinach/>