FRESHEALTH

BROCCOLI & CAULIFLOWER



Nutrition Facts	
1 serving per container	
Serving size	**100 g**
Amount per serving	
Calories	**30**
	% Daily Value *
Total Fat 0g	**0%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 30mg	**1%**
Total Carbohydrate 6g	**2%**
Dietary Fiber 2g	**8%**
Total Sugars 2g	
Includes 0g Added Sugars	**0%**
Protein 2g	
Vitamin D 0mcg	0%
Calcium 30mg	2%
Iron 0.6mg	4%
Potassium 310mg	6%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

PRODUCE PARTICULARS

- Cauliflower has just as much, if not more Vitamin C per serving than oranges.
- Broccoli is a great source of Vitamins C, K. It is also a good source of potassium, manganese, calcium and iron. That's nutritious!
- California produces more than 90% of the broccoli and cauliflower sold in the United States. Whoa!

DID YOU KNOW?

Some people call broccoli "little trees" can you see why?

What could you nickname cauliflower? What about "little clouds?"



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