

WATERMELON RADISH COINS



PRODUCE PARTICULARS

- Watermelon radish is an heirloom variety of daikon radish and a member of the mustard family.
- Consuming watermelon radish is a great way to boost your intake of vitamins and minerals, as it is rich in phosphorus, potassium, magnesium, calcium, Vitamin A and Vitamin C.
- This colorful vegetable is also a good source of phytochemicals and antioxidants.

Nutrition Facts

1 serving per container
Serving size 100 g

Amount per serving
Calories 20

% Daily Value *

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 20mg 1%

Total Carbohydrate 4g 1%

Dietary Fiber 2g 6%

Total Sugars 3g

Includes 0g Added Sugars 0%

Protein 1g

Vitamin D 0mcg 0%

Calcium 30mg 2%

Iron 0.4mg 2%

Potassium 230mg 4%

* 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

DID YOU KNOW?

Radishes can be green, white, yellow, pink, purple, red and even black!

What other foods come in different colors like this?

