

NEW

FRESH^{HEALTH}

BROCCOLI & CARROT



PRODUCE PARTICULARS

- Broccoli is high in many nutrients, including fiber, vitamin C, vitamin K, iron, and potassium.
- Carrots are a good source of beta carotene, fiber, vitamin K1, potassium, and antioxidants
- This crunchy blend is perfect for dipping or eating as is!

Nutrition Facts

1 serving per container
Serving size 100 g

Amount per serving
Calories 40

% Daily Value *

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 50mg 2%

Total Carbohydrate 8g 3%

Dietary Fiber 3g 10%

Total Sugars 3g

Includes 0g Added Sugars 0%

Protein 2g

Vitamin D 0mcg 0%

Calcium 40mg 4%

Iron 0.5mg 2%

Potassium 320mg 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

INGREDIENTS: Broccoli, Raw, Carrots, Raw

DID YOU KNOW?

In the United States, California produces 90% of the broccoli we eat!