FRESHEALTH

DAIKON RADISH COINS



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

PRODUCE PARTICULARS

- Daikon radish have a crunchy, snap-like texture and a mild, semi-sweet, and peppery, tangy flavor.
- Daikon radish leaves are also edible and have a pungent, green, and grassy taste.
- It is a member of the Brassicaceae family. The root is related to kale, broccoli, cauliflower, and horseradish, among others.

DID YOU KNOW?

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

What other foods come in different colors like this?

