

# BLACK RADISH



Black radishes were considered sacred in Ancient Egypt and were widely used in both culinary and medicinal applications.

## PRODUCE PARTICULARS

These spicy root veggies are packed with nutrients and are an excellent source of vitamin C, fiber and antioxidants.

In traditional Chinese medicine, black radishes are sometimes used to treat digestive problems.

Radishes are a source of fiber which can help you feel full - they are a great choice to have as a crunchy snack.



### Nutrition Facts

1 serving per container	
<b>Serving size</b>	<b>100 g</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>20</b>
	<b>% Daily Value *</b>
<b>Total Fat</b> 0g	<b>0%</b>
<b>Saturated Fat</b> 0g	<b>0%</b>
<b>Trans Fat</b> 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 40mg	<b>2%</b>
<b>Total Carbohydrate</b> 3g	<b>1%</b>
Dietary Fiber 2g	<b>6%</b>
Total Sugars 2g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 1g	
Vitamin D 0mcg	<b>0%</b>
Calcium 20mg	<b>2%</b>
Iron 0.3mg	<b>2%</b>
Potassium 230mg	<b>4%</b>
* 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: Radishes, Raw

**FRESHEALTH**