

BROCCOLI AND CAULIFLOWER



Some people call broccoli "little trees". Can you see why? What could you nickname cauliflower? What about "little clouds"?

PRODUCE PARTICULARS

Broccoli is like a superhero food because it's filled with special vitamins and minerals that make our bodies strong and healthy, like Vitamin C, which helps us fight off germs, and Vitamin K, which helps our bones stay super strong!



Cauliflower is packed with Vitamin C that helps keep us strong and healthy, and has fiber that helps our tummies feel good.



Both are especially high in fiber, an important nutrient that helps keep you full and regulates blood sugar!



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 Added Sugars	0g	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

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