

BROCCOLI FLORETS



Broccoli grows best in cooler climates, so the best tasting broccoli is usually planted late summer for fall harvest.

PRODUCE PARTICULARS

Broccoli is known as the "Crown Jewel of Nutrition" because it is a great way to get a variety of nutrients, including iron, potassium, calcium, fiber, Vitamin C, and plant protein.

In the United States, California produces 90% of the broccoli consumed by the world.

The word broccoli comes from the Latin word brachium and the Italian word braccio, which means "arm".



Nutrition Facts

1 serving per container
Serving size 100 g

Amount per serving
Calories 35

% Daily Value *

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 35mg 1%

Total Carbohydrate 7g 2%

Dietary Fiber 3g 9%

Total Sugars 2g

Includes 0g Added Sugars 0%

Protein 3g

Vitamin D 0mcg 0%

Calcium 50mg 4%

Iron 0.7mg 4%

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

FRESHEALTH