

# BROCCOLINI



Broccolini is also commonly called baby broccoli.

## PRODUCE PARTICULARS

Broccolini is a member of the Brassicaceae family, along with broccoli, Brussels sprouts, cabbage, cauliflower, collard greens, kale, and turnips.



Broccolini is completely edible-- the stems, leaves, and florets!



### 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	5g	18%
Total Sugars	2g	
Includes	0g Added Sugars	0%
<b>Protein</b>	<b>2g</b>	
Vitamin D	0mcg	0%
Calcium	0mg	0%
Iron	0mg	0%
Potassium	0mg	0%

\* 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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