

KOHLRABI



This hearty veggie is widely consumed in Europe and Asia and has gained popularity around the world!

PRODUCE PARTICULARS

Kohlrabi is a good source of nutrients, such as vitamin C and fiber.

Although it looks like a root veggie, they are actually a part of the Brassica family, like cabbage and broccoli.

Kohlrabi can be eaten raw in salads, or cooked in soups and stir-fries!



Nutrition Facts

1 serving per container
Serving size 100 g

Amount per serving
Calories 25

	% Daily Value *
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 20mg	1%
Total Carbohydrate 6g	2%
Dietary Fiber 4g	13%
Total Sugars 3g	
Includes 0g Added Sugars	0%
Protein 2g	
Vitamin D 0mcg	0%
Calcium 20mg	2%
Iron 0.4mg	2%
Potassium 350mg	8%

* 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: Kohlrabi, Raw

FRESHEALTH