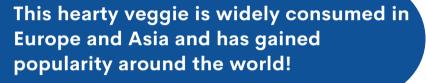
KOHLRABI







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
% Da	aily 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 nutrient in a serving of food contribute daily diet. 2,000 calories a day is used general nutrition advice. 	s to a
Calories per gram: Fat 9 • Carbohydrate 4 •	Protein 4

