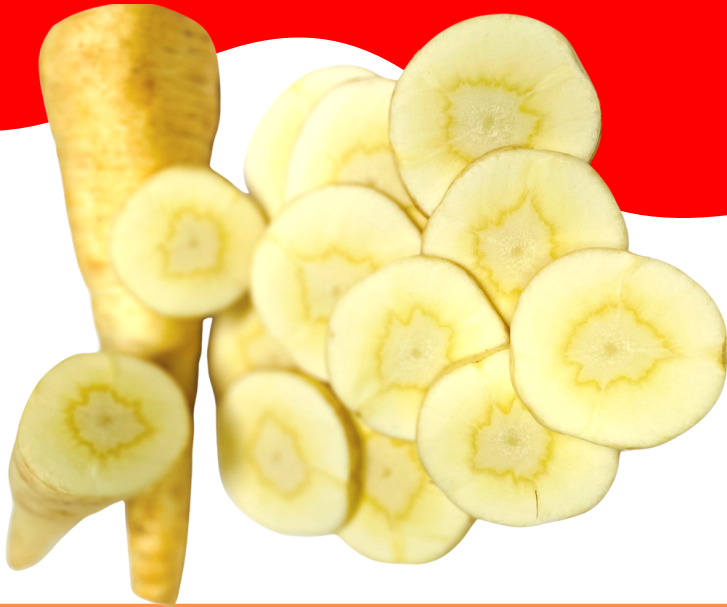


PARSNIP COINS



In Europe, parsnips were commonly used to sweeten foods before sugar cane was introduced and readily available. Do you think this would make a good tasting cake?

PRODUCE PARTICULARS

Parsnips are a root vegetable and belong to the carrot family. The edible part is the white creamy colored root.

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Parsnips are an excellent source of vitamins C, B9 and K and minerals such as potassium, iron, calcium and copper.



Nutrition Facts	
1 serving per container	
Serving size	100 g
Amount per serving	
Calories	80
	% Daily Value *
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 10mg	0%
Total Carbohydrate 18g	7%
Dietary Fiber 5g	18%
Total Sugars 5g	
Includes 0g Added Sugars	0%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 40mg	2%
Iron 0.6mg	4%
Potassium 380mg	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: Parsnips, Raw