

ROMANESCO FLORETS



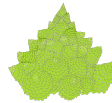
Romanesco, also called Roman cauliflower, hails from Northern Italy and is a striking bright lime-green color.

PRODUCE PARTICULARS

Romanesco is neither broccoli or cauliflower. Many botanists believe it was the result of selective breeding by Italian farmers in the 16th century.

Each spiked floret is made up of many smaller points, creating a mesmerizing, kaleidoscopic design.

One way to eat more fruits & veggies is to keep it fun with options that are unique colors and shapes - like romanesco!



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 0mg	0%	
Total Carbohydrate 6g	2%	
Dietary Fiber 3g	11%	
Total Sugars 3g		
Includes 0g Added Sugars	0%	
Protein 3g		
Vitamin D 0mcg	0%	
Calcium 30mg	2%	
Iron 0.7mg	4%	
Potassium 300mg	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: Romanesco, Raw

FRESHEALTH