

TURNIP WEDGES



There are over 30 varieties of turnips which differ in size, color, and flavor. Can you count to 30? What about counting to 30 by 5's?

PRODUCE PARTICULARS



Most turnip varieties have a slightly spicy taste if eaten raw.

Turnips are a good source of potassium, calcium, and vitamin C

Turnips are also low in calories as they are mostly fiber and water. Great for hydration and leave you feeling full!



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 65mg	3%
Total Carbohydrate 6g	2%
Dietary Fiber 2g	6%
Total Sugars 4g	
Includes 0g Added Sugars	0%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 30mg	2%
Iron 0.3mg	2%
Potassium 190mg	4%

* 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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