



As Fresh As Fresh Gets

Fat-free (less than 0.5g of fat per 85g)
Saturated fat-free
Sodium-free
Low in calories
Good source of folate
High in Vitamin C

Broccoli

NUTRITION FACTS		% daily value*	
Serving Size: 1 medium stalk (148g)	Total Fat 0.5g	1%	Vitamin A 6%
Amount Per Serving	Saturated Fat 0g	0%	Vitamin C 220%
Calories 45	Cholesterol 0mg	0%	Calcium 6%
Calories from Fat 0	Sodium 80mg	3%	Iron 6%
	Total Carbohydrate 8g	3%	
	Dietary Fiber 3g	20%	
	Sugars 2g		
	Protein 4g		

* Percent Daily Values are based on a 2,000 calorie diet.

Source: Nutrition & Produce Labeling Guide

