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Broccoli Crowns

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\$2.49/lb UPC: 0000000003082

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Product Details

Premium cuts of whole broccoli or broccoli crowns are a healthy addition to any meal! Part of the cruciferous family of vegetables, broccoli is high in fiber, potassium and vitamins A, C and K. Since it's such a rich source of vitamins and minerals, broccoli is a perfect pick as a side dish, or added to a salad. Keep reading for more broccoli nutrition facts and tips.

Flavor profile: Savory and herbaceous with an earthy taste.

Common uses: Can be enjoyed raw, steamed, roasted and stir fried. Enjoy as a side dish or add to salads, pastas, smoothies and more.

Pairs well with: Proteins, fruits, other vegetables, herbs, nuts and spices.

Preparation: Wash, then remove outer leaves. Trim off florets. Trim and slice stem. If the broccoli stems are too tough, use a knife to peel away the hard outer portion.

Specialty diets: Keto, Paleo

Storage: Keep refrigerated at 34°F-38°F. Store unwashed in a plastic bag for up to 4 days.

Certifications: USDA Grade #1

Nutritional Information

Nutrition Facts

servings per container

Serving size

Amount per serving

Calories **30**

% Daily value*

Total Fat 0g **0%**

Monounsaturated Fat 0g **0%**

Cholesterol 0mg **0%**

Sodium 29mg **6%**

Total Carbohydrate 6g **4%**

Dietary Fiber 2g **9%**

Sugar 0g **0%**

Protein 2g **5%**

Calcium 41mg **5%**

Ingredients

Broccoli Crowns : NutriFacts Based On USDA Food-A-Pedia.com; (Basic Broccoli) 1 Cup Chopped, Raw

Allergen Info

Undeclared Does Not Contain Declaration
Obligatory Allergens.

Disclaimer

Actual product packaging and materials may contain additional and/or different ingredient, nutritional, or proper usage information than the information displayed on our website. ...

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Copper 43mcg	8%
Folate, total 55mcg	4%
Iron 1mg	4%
Magnesium 18mg	5%
Niacin 1mg	0%
Phosphorus 58mg	4%
Potassium 278mg	4%
Riboflavin 0.1mg	0%
Thiamin 0.1mg	4%
Vitamin A 27mcg	105%
Vitamin C 78mg	99%
Vitamin D 0mcg	0%
Vitamin E 1mg	6%
Vitamin K 89mcg	9%
Zinc 0mg	0%

*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.

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- 5 ★ (3)
- 4 ★ (0)
- 3 ★ (0)
- 2 ★ (3)
- 1 ★ (9)

★☆☆☆☆

Anonymous - 2024-04-10

No nutritional rating for product. Doesn't count towards nutritional insights.

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