

# Broccoli and cauliflower florets

## Nutrition Facts

4.5 servings per container

**Serving size** 1 cup (100g)

Amount per serving

**Calories**

**40**

% Daily Value\*

**Total Fat** 0.2g 0%

Saturated Fat 0g 0%

Trans Fat 0g

**Cholesterol** 0mg 0%

**Sodium** 20mg 1%

**Total Carbohydrate** 5.7g 2%

Dietary Fiber 4.2g 16%

Total Sugars 1.2g

Includes 0g Added Sugars 0%

**Protein** 2.5g

Vitamin D 0mcg 0%

Calcium 20mg 2%

Iron 0.1mg 1%

Potassium 309mg 9%

\* 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.

\* Nutritional Values based on the FDA.