

Broccoli florets and baby carrots

Nutrition Facts

4.5 servings per container

Serving size 1 cup (100g)

Amount per serving

Calories

40

% Daily Value*

Total Fat 0.3g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 25.5mg 1%

Total Carbohydrate 7.6g 2%

Dietary Fiber 5g 19%

Total Sugars 3.2g

Includes 0g Added Sugars 0%

Protein 2g

Vitamin D 0mcg 0%

Calcium 20mg 2%

Iron 0mg 0%

Potassium 276mg 8%

* 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.