

Organic broccoli

Nutrition Facts

About 4.5 servings per container

Serving size1 cup (100g)

Amount per serving

Calories30

% Daily Value*

Total Fat 0g0%

Saturated Fat 0g0%

Trans Fat 0g

Cholesterol 0mg0%

Sodium 30mg1%

Total Carbohydrate 6g2%

Dietary Fiber 2g7%

Total Sugars 2g

Includes 0g Added Sugars0%

Protein 3g

Vitamin D 0mcg0%

Calcium 45mg4%

Iron 1mg6%

Potassium 300mg6%

* 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.