

Broccoli and cauliflower florets

Nutrition Facts

4.5 servings per container

Serving size1 cup (100g)

Amount per serving

Calories40

% Daily Value*

Total Fat 0.2g0%

Saturated Fat 0g0%

Trans Fat 0g

Cholesterol 0mg0%

Sodium 20mg1%

Total Carbohydrate 5.7g2%

Dietary Fiber 4.2g16%

Total Sugars 1.2g

Includes 0g Added Sugars0%

Protein 2.5g

Vitamin D 0mcg0%

Calcium 20mg2%

Iron 0.1mg1%

Potassium 309mg9%

* 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.