

Organic broccoli florets

Nutrition Facts

About 3.4 servings per container

Serving size 1 1/4 cup (100g)

Amount per serving

Calories

30

% Daily Value*

Total Fat 0g **0%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 30mg **1%**

Total Carbohydrate 6g **2%**

Dietary Fiber 2g **7%**

Total Sugars 2g

Includes 0g Added Sugars **0%**

Protein 3g

Vitamin D 0mcg **0%**

Calcium 45mg **4%**

Iron 1mg **6%**

Potassium 300mg **6%**

* 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.