

Nutrition Facts

Serving Size about 1 cup (83g)

Servings per container

Amount per Serving

Calories 25 Calories from Fat 0

% Daily Values *

Total Fat 0g **0%**

Saturated Fat 0g **0%**

Sodium 35mg **1%**

Total Carbohydrate 4g **1%**

Dietary Fiber 2g **8%**

Sugars less than 1g

Protein 2g

Vitamin A 80% Vitamin C 50%

Calcium 6% Iron 6%

Not a significant source of Cholesterol

*Percent Daily Values are based on a 2,000 calorie diet.
Your daily values may be higher or lower depending on
your calorie needs:

	Calories	2,000	2,500
Total Fat	Less than	65 g	80 g
Sat Fat	Less than	20 g	25 g
Cholesterol	Less than	300 mg	300 mg
Sodium	Less than	2,400 mg	2,400 mg
Total Carbohydrate		300 g	375 g
Dietary Fiber		25 g	30 g

Ingredients: Broccoli Raab.

The presentation above is an approximation of one style of format for nutrition labeling in accordance with the NLEA 1990.

Exact specifications are in the final rules published in Federal Register; Vol. 58, No.3; Wednesday, January 6, 1993. page 2189-2190.

No.3; Wednesday, January 6, 1993, page 2189-2190.

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