

# Broccoli Florets & Stems

## Nutrition Facts

28 servings per container

**Serving size** 1/2 Cup (7g) Dry  
(about 1/2 Cup prepared)

Amount per serving

**Calories** **15**

% Daily Value\*

**Total Fat** 0g **0%**

Saturated Fat 0g **0%**

*Trans* Fat 0g

**Cholesterol** 0mg **0%**

**Sodium** 0mg **0%**

**Total Carbohydrate** 3g **1%**

Dietary Fiber 2g **7%**

Total Sugars 2g

Includes 0g Added Sugars **0%**

**Protein** 2g

Vitamin D 0mcg **0%**

Calcium 35mg **2%**

Iron 0mg **0%**

Potassium 154mg **4%**

Vitamin C 67mg **70%**

\*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.

Makes a great addition to your favorite recipes; casseroles, soups, tempura, stir fry dishes or as a nutritious side dish and more.

### STOVE TOP DIRECTIONS:

1. Remove oxygen absorber and discard.
2. Cover Freeze Dried Broccoli Florets & Stems with warm water.
3. Let stand 5 minutes, stirring occasionally.
4. Drain excess water, heat and serve.

**INGREDIENTS:** Freeze dried broccoli.

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