

Produce of the Month

BROCCOLI

fun facts:

- Broccoli is a member of the cabbage family, making it a cruciferous vegetable. It's name is derived from the Italian word broccolo, meaning the flowering top of a cabbage.
- Broccoli is very high in Vitamin C, making 1 cup of chopped broccoli the Vitamin C equivalent of an orange. One cup of raw chopped broccoli will give you your entire daily needed intake.
- Although it may be known as the "golden state", California produces 90% of our nations broccoli.
- There is no sign for broccoli in American Sign Language (you just have to spell it out).



Nutrition Facts

Serving Size 1/2 cup (46g)

Amount Per Serving

Calories 15 Calories from Fat 0

% Daily Value*

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 15mg 1%

Total Carbohydrate 3g 1%

Dietary Fiber 1g 4%

Sugars 1g

Protein 1g

Vitamin A 6% Vitamin C 70%

Calcium 2% Iron 2%

*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 65g 80g

Saturated Fat Less than 20g 25g

Cholesterol Less than 300mg 300mg

Sodium Less than 2,400mg 2,400mg

Total Carbohydrate 30g 37g

Dietary Fiber 25g 30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

A
better
tomorrow
starts
today

