



Nutritional Fact Sheet

Broccoli Flowerets

Ingredients: Dehydrated Broccoli.

Description & Directions: Fresh, mature, Broccoli is washed, trimmed, and dried to specifications. Rehydrate in boiling water for 5-10 minutes, or in cold water for 1-2 hours. Use 2 parts water to 1 part product. Rehydration ratio is about 1:4.5.

Storage & Shelf-life: Store in original container in a cool, dry location, for 24 months. You may also reseal product in a vacuum type storage bag for extended storage.

Nutrient	Per 100 grams dry	14g (app. 1/4 cup)
Energy (Calories)	284	39.76
Total Fat	3.55g	0.497g
Saturated Fat	0g	0g
Trans Fat	0g	0g
Cholesterol	0mg	0mg
Sodium	274mg	38.36mg
Total Carbohydrates	53.19g	7.4466g
Dietary Fiber	11.27g	1.5778g
Sugars	20.3g	2.842g
Protein	30.25g	4.235g
Vitamin A (IU)	0	0
Thaimin-B1	0.66mg	0.0924mg
Riboflavin	1.21mg	0.1694mg
Niacin	6.48mg	0.9072mg
Vitamin B-6	1.61mg	0.2254mg
Vitamin C	946mg	132.44mg
Calcium	487mg	68.18mg
Iron	8.93mg	1.2502mg
Phosphorus	670mg	93.8mg
Potassium	3299mg	461.86mg

Plant Location: 806 Rovit Street, Greenville, NC 27834

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