



## Nutritional Fact Sheet

Broccoli

**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
Calories	284.00 kcal
Protein	30.25 g
Total Carbohydrate	53.19 g
Sugars	20.30 g
Added Sugars	0.00 g
Dietary Fiber	11.27 g
Total Fat	3.61 g
Saturated Fat	0.56 g
Cholesterol	0.00 mg
Thiamin – B1	0.66 mg
Riboflavin – B2	1.21 mg
Niacin – B3	6.48 mg
Vitamin B6	1.61 mg
Vitamin C	946.00 mg
Vitamin D	0.00 mcg
Calcium	487.00 mg
Iron	8.93 mg
Phosphorus	670.00 mg
Potassium	3299.00 mg
Sodium	274.00 mg
Trans Fat	0.00 g