



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)	284.00	39.76
Total Fat	3.55g	0.50g
Saturated Fat	0.00g	0.00g
Trans Fat	0.00g	0.00g
Cholesterol	0.00mg	0.00mg
Sodium	274.00mg	38.36mg
Total Carbohydrates	53.19g	7.45g
Dietary Fiber	11.27g	1.58g
Sugars	20.30g	2.84g
Protein	30.25g	4.24g
Vitamin A (IU)	0.00	0.00
Thaimin-B1	0.66mg	0.09mg
Riboflavin	1.21mg	0.17mg
Niacin	6.48mg	0.91mg
Vitamin B-6	1.61mg	0.23mg
Vitamin C	946.00mg	132.44mg
Calcium	487.00mg	68.18mg
Iron	8.93mg	1.25mg
Phosphorus	670.00mg	93.80mg
Potassium	3299.00mg	461.86mg

Physical Address: 181 Industrial Park Road * Franklin, NC 28734

Phone: (800) 696-1395 / Fax (800) 696-7874

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