

FOOD FACTS



Radish

NUTRITION

- One serving of 1 medium size (3/4" to 1") has 1 calorie.
- Radishes are rich in antioxidants and minerals like calcium and potassium. Together, these nutrients help lower high blood pressure and reduce your risks for heart disease. The radish is also a good source of natural nitrates that improve blood flow.

DYK

- Radishes are

PREPARATION & STORAGE

If you cut radishes in advance you can put them into a container of cold water and store them in the fridge.

Radishes can be eaten raw or cook, tried a roasted recipe in a cold day.

Ingredients:

- 1 medium radish
- 1 carrot
- 1 onion
- 1 tomato
- 1 green bell pepper
- 1 yellow bell pepper
- 1 red bell pepper
- 1 white bell pepper
- 1 purple bell pepper
- 1 orange bell pepper
- 1 green bell pepper

