BROCCOLI

GROWN IN CALIFORNIA



Nutrition Facts

Serving Size 1 medium stalk (148g)

Calories 45	% Daily Value
Total Fat 0.5g	1%
Sodium 80mg	3%
Total Carbohydrate 8g	3%
Dietary Fiber 3g	12%
Protein 4g	

Health Benefits

- Excellent source of vitamin C and vitamin K.
- Broccoli contains calcium to promote strong bones and keep your heart pumping properly.
- Good source of folate, iron and fiber.

DIFFERENT USES

- Stuff in a sandwich, omelet, pita, or tortilla wrap.
- Top a hot baked potato, cold salad, or pizza.
- Combine in a stir-fry, soup, stew, casserole, or noodles.
- Eat raw with salsa, honey soy dipping sauce, or creamy bean dip.
- Mix into your favorite casserole.
- Eat raw with low fat dip or hummus.

FUN FACT

- Americans eat an average of 4lbs broccoli a year, that's 900% more than 20 years ago.
- Broccoli has been around for more than 2,000 years and was first grown in Italy; it was once known as Italian asparagus.
- The son of Roman Emperor Tiberius loved broccoli so much he refused to eat all other foods except broccoli à la apicius (a mixture of broccoli, cumin, coriander seeds, chopped onion, oil, and sun-made wine) for an entire month.

Harvest of the Month™

Information is provided by the Nutrition Department at Concordia College, Moorhead, MN and Minnesota Department of Education