

WATERMELON RADISH COINS



Radishes can be green, white, yellow, pink, purple, red and even black! What other foods come in different colors like this?

PRODUCE PARTICULARS

Watermelon radish is an heirloom variety of daikon radish and a member of the mustard family.

Consuming watermelon radish is a great way to boost your intake of vitamins and minerals, as it is rich in phosphorus, potassium, magnesium, calcium, Vitamin A and Vitamin C.

This colorful vegetable is also a good source of phytochemicals and antioxidants.



Nutrition Facts

1 serving per container
Serving size 100 g

Amount per serving
Calories 20

% Daily Value *

Total Fat	0g	0%
Saturated Fat	0g	0%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	20mg	1%
Total Carbohydrate	4g	1%
Dietary Fiber	2g	6%
Total Sugars	3g	
Includes	0g Added Sugars	0%
Protein	1g	
Vitamin D	0mcg	0%
Calcium	30mg	2%
Iron	0.4mg	2%
Potassium	230mg	4%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

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