

Green Cabbage
NUTRITIONAL INFORMATION

Serving Size 3
Amount Per Serving
Calories 20

Total Fat 0g
Saturated Fat 0g
Cholesterol 0mg
Sodium 15mg
Total Carbohydrate 5g
Dietary Fiber 2g
Sugars 3g
Protein 1g
Vitamin A 2%
Calcium 4%

Calories from Fat 0
% Daily Value
0%
0%
0%
1%
2%
10%

Vitamin C 45%
Iron 2%

Hearts of Romaine
NUTRITIONAL INFORMATION

Serving Size 1 1/2 cups (85g)
Amount Per Serving
Calories 15

Total Fat 0g
Saturated Fat 0g
Cholesterol 0mg
Sodium 5mg
Total Carbohydrate 2g
Dietary Fiber 1g
Sugars 0g
Protein 1g
Vitamin A 45%
Calcium 4%

Calories from Fat 0
% Daily Value
0%
0%
0%
0%
1%
6%

Vitamin C 35%
Iron 6%

Broccoli

Serving Size one stalk, 5.3 oz

Calories 30
Protein 5 grams

Carbohydrate 4 grams
Fat 1 gram

Cholesterol 0 milligrams

Sodium 75 milligrams

Potassium 550 milligrams

Dietary Fiber 5 grams

% of USRDA daily requirements

Protein 6%

Vitamin A 10%

Vitamin C 240%

Iron 4%

Cauliflower

Serving Size 1/4 head, 5.3 oz

Calories 25
Protein 3 grams

Carbohydrate 4 grams
Fat 1 gram

Cholesterol 0 milligrams

Sodium 65 milligrams

Potassium 440 milligrams

Dietary Fiber 4 grams

% of USRDA daily requirements

Protein 2%

Vitamin A *

Vitamin C 160%

Iron 2%

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