

Fresh Tips Card



Trivia

Many people know the top of the broccoli as the crown. What is another name for them?

They are called beads.

45 calories per serving	Total carbohydrates 8g
Total fat 0.5 g	Cholesterol 0g
Sodium 80g	Fiber 3g
Sugars 2g	Protein 4g
Vitamin A 6%	Calcium 6%
Vitamin C 220%	Iron 6%

- Choose odorless broccoli with tight green florets.
- Broccoli is low fat, low sodium, cholesterol free, high in Vitamin C and Folate, good source of fiber and potassium.
- There are many ways to eat broccoli. You can eat it fresh, bake it, steam it, eat it in soups, a salad, stir fry's, and pastas.
- Refrigerate broccoli and use it within 3-5 days.
- Eating fruits and vegetables may reduce your risk of coronary heart disease, stroke, and some cancers.

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Make sure to pick up a recipe card at Redner's

Palmer Home Foundation