

# Nutrition Facts

**Broccoli Raab**      **Serving size (100g)**

**Amount Per Serving**

**Calories**

**20**

	<a href="http://www.ihcare.ae">www.ihcare.ae</a>	% Daily Value*
<b>Total Fat</b> 0g		<b>0%</b>
Saturated Fat 0g		<b>0%</b>
<i>Trans</i> Fat 0g		
<b>Cholesterol</b> 0mg		<b>0%</b>
<b>Sodium</b> 35mg		<b>2%</b>
<b>Total Carbohydrate</b> 3g		<b>1%</b>
Dietary Fiber 3g		<b>11%</b>
Total Sugars 0g		
Includes 0g Added Sugars		<b>0%</b>
<b>Protein</b> 3g		<b>6%</b>
<b>Vitamin D</b> 0mcg		<b>0%</b>
<b>Calcium</b> 143mg		<b>10%</b>
<b>Iron</b> 2.16mg		<b>10%</b>
<b>Potassium</b> 0mg		<b>0%</b>
<b>Vitamin A</b> 5616mcg		<b>50%</b>
<b>Vitamin C</b> 30.6mg		<b>35%</b>

\*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.