

NUTRITIONAL FACTS

POSHI

Riced Broccoli

Nutrition Facts	
about 2.5 servings per container	
Serving size	1/2 Cup (85g)
Amount per serving	
Calories	20
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 25mg	1%
Total Carbohydrate 4g	1%
Dietary Fiber 2g	7%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 1g	2%
Vitamin D 0mcg	0%
Calcium 12.01mg	0%
Iron 0.323mg	2%
Potassium 131mg	2%
Vitamin C	20%

*The % Daily Values (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.

Ingredients:

Broccoli: Broccoli (stem & florets), lactic acid

NUTRITIONAL FACTS

POSHI

Riced Cauliflower

Nutrition Facts	
about 2.5 servings per container	
Serving size	1/2 Cup (85g)
Amount per serving	
Calories	30
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 25mg	1%
Total Carbohydrate 5g	2%
Dietary Fiber 2g	7%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 2g	4%
Vitamin D 0mcg	0%
Calcium 28mg	2%
Iron 0.38mg	2%
Potassium 180mg	4%
Vitamin C	45%
<small>*The % Daily Values (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.</small>	

Ingredients:

- Cauliflower: Cauliflower, lactic acid