

# Freeze-Dried Broccoli

## Prepare

To make one serving:

- 1 Open pouch, remove oxygen absorber.
- 2 Pour 1/8 cup of cool water in a bowl.
- 3 Add 1/4 cup of broccoli to cool water.
- 4 Let sit 5-10 minutes or until tender.
- 5 Or snack on them without reconstituting.

## Nutrition Facts

8 Servings Per Container

Serving Size

1/4 Cup (4g)

Amount per Serving

**Calories**

**10**

% Daily Value

**Total Fat** 0g **0%**

Saturated Fat 0g **0%**

*Trans* Fat 0g

**Cholesterol** 0mg **0%**

**Sodium** 10mg **0%**

**Total Carbohydrate** 2g **1%**

Dietary Fiber 1g **4%**

Total Sugars 1g

Includes 0g Added Sugars **0%**

**Protein** 1g

Vitamin D 0mcg **0%**

Calcium 20mg **2%**

Iron 0mg **0%**

Potassium 142mg **4%**

\* The % Daily Value 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.

V2.3

INGREDIENTS: broccoli.

Distributed by 4Patriots, LLC  
2920 Berry Hill Dr., Suite 300  
Nashville, TN 37204  
(800) 304-4202 | 4Patriots.com



NET WT. 1.28 oz (32g)  
Makes 8 Servings