

Fresh Broccoli w/Herb Butter

Heating Instructions: Microwave until warm.
Heat at 350° for 4-6 minutes or until warm.

Nutrition Facts

Serving Size: 4 oz (128g)

Servings Per Container: Varied

Amount per serving

Calories 140

Calories from Fat 110

% Daily Value*

Total Fat 12g **18%**

Saturated Fat 7g **35%**

Trans Fat 4g

Cholesterol 30mg **10%**

Sodium 130mg **5%**

Total Carbohydrate 8g **3%**

Dietary Fiber 4g **16%**

Sugars 2g

Protein 3g

Vitamin A 40% • Vitamin C 120%

Calcium 4% • Iron 4%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total carbohydrate		300g	375g
Dietary Fiber		25g	30g

INGREDIENTS: BROCCOLI, BUTTER (MARGARINE, BASIL, PARSLEY, TARRAGON. OREGANO. DILL. THYME
CONTAINS: MILK