



**28**  
SERVINGS



**SHELF LIFE UP TO  
30 YEARS**

Shelf Life: Best when stored in a cool dry place at temperatures between 55° and 70° F (ideal humidity 15%).

*Shelf life estimates are based on industry studies from sources deemed reputable. Since Augason Farms has no control over individual storage practices, they must disclaim any liability or warranty for particular results.*

**FOOD STORAGE  
EMERGENCY  
EVERYDAY FOOD**

# Freeze Dried Broccoli Florets & Stems

Nutrition Facts	
Serving Size: 1/2 Cup (7g dry) Servings Per Container: 28	
Amount Per Serving	
<b>Calories 20</b>	<b>Calories from Fat 0</b>
% Daily Value*	
<b>Total Fat 0g</b>	<b>0%</b>
<b>Saturated Fat 0g</b>	<b>0%</b>
<b>Trans Fat 0g</b>	
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 20mg</b>	<b>1%</b>
<b>Total Carbohydrate 4g</b>	<b>1%</b>
<b>Dietary Fiber 2g</b>	<b>9%</b>
<b>Sugars 1g</b>	
<b>Protein 2g</b>	
<b>Vitamin A 20%</b>	<b>Vitamin C 110%</b>
<b>Calcium 4%</b>	<b>Iron 4%</b>
*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 2400mg    2400mg
Total Carbohydrate	300g    375g
Dietary Fiber	25g    30g
Calories per gram: Fat 9    Carbs 4    Protein 4	

## DIRECTIONS:

Yield: 1/2 cup broccoli.

1. Mix 1/2 cup broccoli to 1 cup of warm water.
2. Drain.
3. Serve.

Use as a side dish, in casseroles, soups, etc.

**INGREDIENTS:** Freeze dried broccoli florets & stems.

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