



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		Calories from Fat 0	
		% Daily Value*	
Calories	20		
Total Fat	0g	0%	
Saturated Fat	0g	0%	
Trans Fat	0g		
Cholesterol	0mg	0%	
Sodium	20mg	1%	
Total Carbohydrate	4g	1%	
Dietary Fiber	2g	9%	
Sugars	1g		
Protein	2g		
Vitamin A	20%	Vitamin C	110%
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	2400mg	2400mg	
Total Carbohydrate		300g	375g	
Dietary Fiber		25g	30g	

Calories per gram: Fat 9 Carbs 4 Protein 4

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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.

1-800-878-0099

www.AugasonFarms.com

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