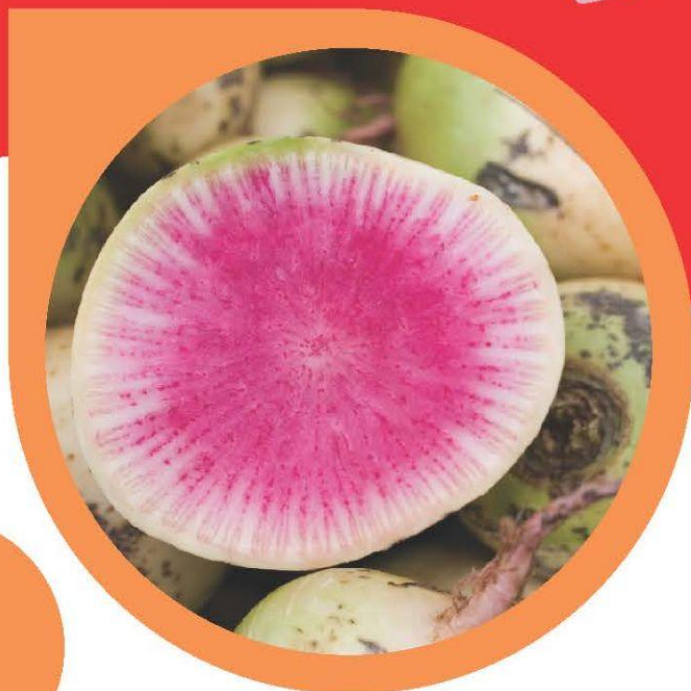


WATERMELON RADISH COINS



Radishes can be green, white, yellow, pink, purple, red and even black! What other foods come in different colors like this?

PRODUCE PARTICULARS

Watermelon radish is an heirloom variety of daikon radish and a member of the mustard family.

Consuming watermelon radish is a great way to boost your intake of vitamins and minerals, as it is rich in phosphorus, potassium, magnesium, calcium, Vitamin A and Vitamin C.

This colorful vegetable is also a good source of phytochemicals and antioxidants.



Nutrition Facts

1 serving per container
Serving size 100 g

Amount per serving
Calories 20

% Daily Value *

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 20mg 1%

Total Carbohydrate 4g 1%

Dietary Fiber 2g 6%

Total Sugars 3g

Includes 0g Added Sugars 0%

Protein 1g

Vitamin D 0mcg 0%

Calcium 30mg 2%

Iron 0.4mg 2%

Potassium 230mg 4%

* The % Daily Value (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.

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

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