



Broccolini



Nutrition Facts	
Serving Size 8 stalks (85g)	
Servings Per Container	
Amount Per Serving	
Calories 35	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 25mg	1%
Total Carbohydrate 6g	2%
Dietary Fiber 1g	4%
Sugars 2g	
Protein 3g	
Vitamin A 30%	Vitamin C 130%
Calcium 6%	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
Saturated 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
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	



Varieties:

Broccolini is a cross between regular broccoli and Chinese Broccoli called Kai-lan. Broccolini is a registered trademark of Man Vegetable Packing Company, which was introduced to the US by Mann in 1998.

Selection:

Look for brightly colored stalks with crisp green ends that show no discoloration. The florets should be firm, fresh and springy, and not at all wilted. The florets should appear dry, but not shriveled.

Storage and Handling:

Keep Broccolini tightly wrapped and stored in your vegetable crisper drawer. Wash just before serving. The entire vegetable, as purchased, is edible.

Nutritional Benefits:

Like Broccoli, Broccolini is high in Vitamins A and C, as well as numerous minerals and cancer fighting anti-oxidants.

Fun Facts:

- * Broccolini is sometimes called "baby broccoli" !
- * Broccolini was first introduced as Asparation, due to it's asparagus-like tenderness and subtle flavor characteristics.
- * Broccolini is more common in Brazil, whereas Broccoli is less common and more expensive!
- * Broccolini is gaining popularity in the us, for it's versatility, milder flavor and entirely edible nature.
- * Broccolini grows year round!

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Easy Ways To Enjoy Broccolini

- * Enjoy Broccolini anywhere that you would broccoli, both raw and cooked!
- * Since broccolini is entirely edible, thin, tender stalks and all, it is not necessary separate the stalks and florets for separate preparation.
- * Enjoy the ready to eat stalks with your favorite creamy dressing. Just wash, dip and enjoy!
- * Stir-fry Broccolini with all of your other favorite vegetables, quickly blanching the broccolini, before finishing in a wok!
- * Broccolini can be pre-steamed, and then added to omelets, pasta and rice dishes.



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