



Daikon Radishes



Nutrition Facts	
Serving Size (30g)	
Servings Per Container	
Amount Per Serving	
Calories 15	Calories from Fat 10
	% Daily Value*
Total Fat 1g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 1g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 1g	
Vitamin A 2%	Vitamin C 15%
Calcium 0%	Iron 0%
*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	

Fun Facts:

- * Although most people in the US use the Japanese word "Daikon", for this radish variety, it originated in China!
- * Daikon are known as Mooli in most of the UK and India.
- * Some Asian cultures use daikon to carve amazing vegetable sculptures used to decorate plates and tables.
- * One variety of Daikon radishes can grow up to 100 pounds!
- * Koreans make a type of pickled salad out of Daikon, called Kim chee, which can be served along with a main meal to invigorate the palate!



Varieties: Daikon Radishes were once only available in Asian or Indian grocery stores, but thanks to the popularity of this mild, easy to use variety, it has become a main stream vegetable in most American grocery stores. Although the round Korean "Lo bok" variety of Daikon is available in some Asian grocery stores, it is the long, straight and slender Japanese variety that most know of.

Selection: Daikon radishes are sometimes available with their edible green tops intact, but are most often sold without their tops, and even cut and sold as pieces, from larger radishes. Either way, look for the radish itself to be pure white, free of cracks or bruises and for it to be crisp, with white, bright cut edges if any. If they are purchased with tops, the tops should be firm and crisp!

Storage and Handling: If purchasing radishes with tops, separate tops and store wrapped in paper and in plastic bags. Store the roots in plastic as well, keeping both as cold as possible. Do not wash until ready to use. Use tops within 3 days and roots within a week.

Nutritional Benefits: Radish are a good source of Vitamin C and B6. They are a good source of Potassium, Copper, Folic acid and Ascorbic acid!

Easy Ways To Enjoy Daikon Radishes

- * Radishes can add a cool, crunchy, and refreshingly piquant punch to salads and other cold appetizers in general.
- * Radishes are great with creamy dips and dressing, as a simple snack.
- * Sliced thinly, or grated, radishes can wonderfully crisp yet delicate crispiness to soft textured dishes, such as rice or noodle dishes.
- * Daikon radishes are often pickled for Oshinko rolls, a popular vegetarian sushi preparation.
- * Enjoy radishes cooked as well, like turnips!

