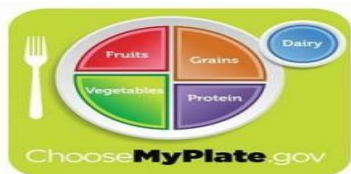


Fresh RADISH



PRODUCT DESCRIPTION

- Fresh radishes are U.S. No. 1 or better.

PACK/YIELD

- 900170: 1-pound bag (about 4 per bag)
- 900172: 2-pound bag (about 8 per bag)
- A pound of radishes is about 6 to 8 small radish or 5 to 6 large. 1 pound makes about 4 cups chopped raw or 2 ½ cups cooked radish.

STORAGE

- Radishes should be stored in the refrigerator in a plastic bag, loosely tied or knotted.
- For further guidance on how to store and maintain USDA Foods, please visit the FDD Web site at: <http://www.fns.usda.gov/fdd/facts/biubguidance.htm>.

PREPARATION/COOKING

- To prepare radish for use wash and remove the tops and any roots. Peel, then chop or slice.

USES AND TIPS

- Radishes may be sliced and put on fresh salads for an earthier flavor.
- Fresh Radishes can be eaten raw as long as they are cleaned thoroughly.
- Add Radishes to any dishes that you like a peppery kick in flavor.

OTHER RESOURCES

- www.nutrition.gov
- www.choosemyplate.gov
- www.fns.usda.gov/fdd/

NUTRITION INFORMATION

- ½ cup of sliced or chopped radish counts as ½ cup in the MyPlate.gov Vegetable Group. For a 2,000-calorie diet, the daily recommendation is about 2 ½ cups of vegetables.
- ½ cup of radishes has 15% of the daily recommended amount of vitamin C.

FOOD SAFETY INFORMATION

- Keep radish that are going to be eaten raw away from raw meat, poultry, or seafood and from the kitchen tools used with the meat, poultry, or seafood.

NUTRITION FACTS

Serving size: 10 each (1/2 cup-100g), radishes

Amount Per Serving

Calories 16 **Calories from Fat** 1

% Daily Value*

Total Fat 0g **0%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 39mg **2%**

Total Carbohydrate 3g **1%**

Dietary Fiber 2g **6%**

Sugars 2g

Protein 1g

Vitamin A 0% Vitamin C 25%

Calcium 2% Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet.