

Fresh broccoli, carrots, cauliflowers & peppers

Nutrients per Serving (based on recipe yield of about 4 servings; 1/2 cup or 120 mL per serving)

Calories (kcal)	58.8	Thiamin (mg)	0.1
Fat (g)	0.5	Riboflavin (mg)	0.1
Protein (g)	3.3	Niacin (ne)	2.2
Carbohydrate (g)	12.8	Folate (µg)	85.2
Sugar (g)	4.7	Vitamin B ₆ (mg)	0.4
Fibre (g)	3.4	Vitamin B ₁₂ (µg)	0
Vitamin A (µg)	220.3	Calcium (mg)	47.7
Vitamin C (mg)	227.8	Iron (mg)	1.1
Vitamin D (µg)	0	Sodium (mg)	48.5
Vitamin E (mg)	1	Potassium (mg)	536.1

Nutrient analysis performed using Dietitians of Canada's [Recipe Analyzer](#).

Canada's Food Guide Servings (per one serving of recipe)

Vegetables and Fruit	3.25
Grain Products	0
Milk and Alternatives	0
Meat and Alternatives	0