

KOHLRABI

GROWN IN MINNESOTA



DIFFERENT USES

- Kohlrabi can be eaten raw, steamed, roasted, or grilled.
- Kohlrabi makes a great addition to warm stew or zesty stir fry.
- Add thin slices of kohlrabi to salads, sandwiches and wraps for a refreshing crunch.
- Cooked kohlrabi can be blended or mashed and added to creamy soups.
- Steam kohlrabi and throw it into any of your favorite dishes.

Nutrition Facts

Serving Size 1/2 medium (85g)

Calories 25	% Daily Value
Total Fat 0g	0%
Sodium 15mg	1%
Total	
Dietary Fiber 3g	12%
Protein 1g	

Health Benefits

- An excellent source of vitamin C to support overall good health.
- Good source of fiber to help feel full longer and maintain a healthy weight.
- Contains phytochemicals, which can help protect against cancer.

FUN FACT

- It is sometimes misclassified as a root vegetable but actually grows above ground.
- Kohlrabi acquired its name from a German word meaning “cabbage-turnip”.
- Kohlrabi can be purple or green.
- Apicius, who wrote the oldest known cookbook on cooking and dining in imperial Rome, mentions kohlrabi in his preparations.