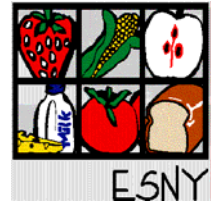




# Sauteed Kohlrabies



- 2 tablespoons vegetable oil
- 4 cups diced kohlrabi
- 2 cloves garlic
- 1 tablespoon chopped onions
- 1 teaspoon basil

Heat oil in a large skillet. Add remaining ingredients and sauté 8 - 10 minutes or until kohlrabi is tender

Makes 8 -  $\frac{1}{2}$  cup servings

<b>Nutrition Facts</b>	
Serving Size (73g)	
Servings Per Container	
<b>Amount Per Serving</b>	
<b>Calories 50</b>	<b>Calories from Fat 30</b>
<b>% Daily Value*</b>	
<b>Total Fat 3.5g</b>	<b>5%</b>
Saturated Fat 0g	<b>0%</b>
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 15mg</b>	<b>1%</b>
<b>Total Carbohydrate 5g</b>	<b>2%</b>
Dietary Fiber 2g	<b>10%</b>
Sugars 2g	
<b>Protein 1g</b>	
Vitamin A 0%	• Vitamin C 70%
Calcium 2%	• Iron 2%
*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 85g    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	