



Herb, Parsley Curly

- Curly parsley has a sweet flavor and a crunchy texture and is most often used as a garnish or chopped and used as an all-purpose seasoning.

Purchasing Specifications

Availability:

Year round

Growing Regions:

USA , Mexico

Receiving Information:

- Good quality herbs should exhibit color consistent with variety, hearty aroma, high leaf-to-stem ratio, and leaves that are firmly attached to stems.
- Avoid herbs with brown, black, or bruised leaves. Avoid herbs with limp leaves or that are flowering.

Storage/Handling:

- Ethylene Producer: No
- Ethylene Sensitive: No
- Water Sprinkle: No
- Odor Producer: No
- Ripens After Harvest: No
- Mist: No
- Odor Sensitive: No
- Fresh herbs are sensitive to ethylene; exposure to the gas may accelerate loss of green color, especially if herbs are also stored in a warm area.
- For best quality, keep herbs away from ethylene-producing and ripening rooms.

Nutrition Facts

Serving Size: 1 cup

Amount Per Serving

| | Fat Calories | % Daily Value* |
|------------------------|----------------|----------------|
| Calories 22 | | |
| Total Fat 0 g | | |
| Sat Fat 0 g | | |
| Trans Fat | | |
| Cholesterol 0 mg | | |
| Sodium 34mg | | 1% |
| Total Carbohydrates 4g | | 3% |
| Dietary Fiber 2g | | 8% |
| Sugars 1g | | |
| Protein 2g | | 4% |
| Potassium 332mg | | 7% |
| Vitamin A 36% | Vitamin C 106% | |
| Calcium 8% | Iron 21% | |

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