



# Herb, Italian Parsley

- Flat leaves and slightly peppery, more strongly flavored leaves and stems distinguish this from curly parsley.
- Italian parsley is preferred in cooking.

## 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.