



Horseradish

- Long, narrow root (resembles a tree root) with brown wrinkled skin, white flesh, and hot, pungent flavor.
- Horseradish is a member of the cruciferous family.

Purchasing Specifications

Availability:

Year round

Growing Regions:

USA

Receiving Information:

- Look for firm, well-shaped roots. Avoid horseradish that appears soft or shriveled.

Troubleshooting:

- Green discoloration: Horseradish roots turn green if exposed to light. For best quality, store in a dark area.
- General deterioration: Storing horseradish in an area with low humidity may promote product deterioration.

Storage/Handling:

- Ethylene Producer: No
- Ethylene Sensitive: Yes
- Water Sprinkle: No
- Top Ice: No
- Storing tips: Store horseradish in a dark area away from direct light

Nutrition Facts

Serving Size: 1 tablespoon

Amount Per Serving

	Fat Calories	% Daily Value*
Calories 7		
Total Fat 0 g		
Sat Fat 0 g		
Trans Fat		
Cholesterol 0 mg		
Sodium 63mg	3%	
Total Carbohydrates 2g	1%	
Dietary Fiber 0g	2%	
Sugars 1g		
Protein 0g	0%	
Potassium 37mg	1%	
Vitamin A 0%	Vitamin C 5%	
Calcium 1%	Iron 0%	

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