



broccoli

broccoli is an excellent source of vitamin K, vitamin C, chromium and folate, as well as a very good source of dietary fiber, pantothenic acid, vitamin B6, vitamin E, manganese, phosphorus, choline, vitamin B1, vitamin A, potassium and copper

introduce at

8-10 months

pairs well with

cauliflower

butternut or carnival squash

beet

carrot

spices to use

curry

cumin