

Basic Report 11091, Broccoli, cooked, boiled, drained, without salt

Report Date: June 25, 2019 22:37 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	0.5 cup, chopped 78g	1 stalk, large (11"-12" long) 280g	1 stalk, medium (7-1/2" - 8" long) 180g	1 stalk, small (5" long) 140g	1 spear (about 5" long) 37g
Proximates							
Water	g	89.25	69.61	249.90	160.65	124.95	33.02
Energy	kcal	35	27	98	63	49	13
Protein	g	2.38	1.86	6.66	4.28	3.33	0.88
Total lipid (fat)	g	0.41	0.32	1.15	0.74	0.57	0.15
Carbohydrate, by difference	g	7.18	5.60	20.10	12.92	10.05	2.66
Fiber, total dietary	g	3.3	2.6	9.2	5.9	4.6	1.2
Sugars, total	g	1.39	1.08	3.89	2.50	1.95	0.51
Minerals							
Calcium, Ca	mg	40	31	112	72	56	15
Iron, Fe	mg	0.67	0.52	1.88	1.21	0.94	0.25
Magnesium, Mg	mg	21	16	59	38	29	8
Phosphorus, P	mg	67	52	188	121	94	25
Potassium, K	mg	293	229	820	527	410	108
Sodium, Na	mg	41	32	115	74	57	15
Zinc, Zn	mg	0.45	0.35	1.26	0.81	0.63	0.17
Vitamins							
Vitamin C, total ascorbic acid	mg	64.9	50.6	181.7	116.8	90.9	24.0
Thiamin	mg	0.063	0.049	0.176	0.113	0.088	0.023
Riboflavin	mg	0.123	0.096	0.344	0.221	0.172	0.046
Niacin	mg	0.553	0.431	1.548	0.995	0.774	0.205
Vitamin B-6	mg	0.200	0.156	0.560	0.360	0.280	0.074
Folate, DFE	µg	108	84	302	194	151	40
Vitamin B-12	µg	0.00	0.00	0.00	0.00	0.00	0.00
Vitamin A, RAE	µg	77	60	216	139	108	28
Vitamin A, IU	IU	1548	1207	4334	2786	2167	573
Vitamin E (alpha-tocopherol)	mg	1.45	1.13	4.06	2.61	2.03	0.54

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Vitamin D (D2 + D3)	µg	0.0	0.0	0.0	0.0	0.0	0.0
Vitamin D	IU	0	0	0	0	0	0
Vitamin K (phylloquinone)	µg	141.1	110.1	395.1	254.0	197.5	52.2
Lipids							
Fatty acids, total saturated	g	0.079	0.062	0.221	0.142	0.111	0.029
Fatty acids, total monounsaturated	g	0.040	0.031	0.112	0.072	0.056	0.015
Fatty acids, total polyunsaturated	g	0.170	0.133	0.476	0.306	0.238	0.063
Fatty acids, total trans	g	0.000	0.000	0.000	0.000	0.000	0.000
Cholesterol	mg	0	0	0	0	0	0
Amino Acids							
Other							
Caffeine	mg	0	0	0	0	0	0