

## Full Report (All Nutrients) 11091, Broccoli, cooked, boiled, drained, without salt

Report Date: July 22, 2019 19:02 EDT

Nutrient values and weights are for edible portion.

Food Group : Vegetables and Vegetable Products

Carbohydrate Factor: 3.57 Fat Factor: 8.37 Protein Factor:2.44 Nitrogen to Protein Conversion Factor:6.25

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	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
<b>Proximates</b>									
Water <a href="#">1</a> <a href="#">2</a> <a href="#">3</a>	g	89.25	7	0.800	69.61	249.90	160.65	124.95	33.02
Energy	kcal	35	--	--	27	98	63	49	13
Energy	kJ	146	--	--	114	409	263	204	54
Protein <a href="#">1</a> <a href="#">2</a>	g	2.38	4	0.410	1.86	6.66	4.28	3.33	0.88
Total lipid (fat) <a href="#">1</a> <a href="#">2</a>	g	0.41	4	0.030	0.32	1.15	0.74	0.57	0.15
Ash <a href="#">1</a> <a href="#">2</a>	g	0.77	4	0.030	0.60	2.16	1.39	1.08	0.28
Carbohydrate, by difference	g	7.18	--	--	5.60	20.10	12.92	10.05	2.66
Fiber, total dietary <a href="#">2</a>	g	3.3	4	0.500	2.6	9.2	5.9	4.6	1.2
Sugars, total <a href="#">2</a>	g	1.39	3	0.270	1.08	3.89	2.50	1.95	0.51
Sucrose <a href="#">1</a> <a href="#">2</a>	g	0.08	5	0.050	0.06	0.22	0.14	0.11	0.03
Glucose (dextrose) <a href="#">1</a> <a href="#">2</a>	g	0.49	5	0.130	0.38	1.37	0.88	0.69	0.18
Fructose <a href="#">1</a> <a href="#">2</a>	g	0.74	5	0.040	0.58	2.07	1.33	1.04	0.27
Lactose <a href="#">1</a> <a href="#">2</a>	g	0.00	5	0.000	0.00	0.00	0.00	0.00	0.00
Maltose <a href="#">1</a> <a href="#">2</a>	g	0.00	5	0.000	0.00	0.00	0.00	0.00	0.00
Galactose <a href="#">2</a>	g	0.00	2	--	0.00	0.00	0.00	0.00	0.00
Starch <a href="#">2</a>	g	0.00	1	--	0.00	0.00	0.00	0.00	0.00
<b>Minerals</b>									
Calcium, Ca <a href="#">1</a> <a href="#">2</a>	mg	40	4	3.000	31	112	72	56	15
Iron, Fe <a href="#">1</a> <a href="#">2</a>	mg	0.67	4	0.030	0.52	1.88	1.21	0.94	0.25
Magnesium, Mg <a href="#">1</a> <a href="#">2</a>	mg	21	4	1.000	16	59	38	29	8
Phosphorus, P <a href="#">1</a> <a href="#">2</a>	mg	67	4	1.000	52	188	121	94	25
Potassium, K <a href="#">1</a> <a href="#">2</a>	mg	293	4	11.000	229	820	527	410	108

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	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
Sodium, Na <a href="#">1</a> <a href="#">2</a>	mg	41	4	7.000	32	115	74	57	15
Zinc, Zn <a href="#">1</a> <a href="#">2</a>	mg	0.45	4	0.020	0.35	1.26	0.81	0.63	0.17
Copper, Cu <a href="#">1</a> <a href="#">2</a>	mg	0.061	4	0.008	0.048	0.171	0.110	0.085	0.023
Manganese, Mn <a href="#">1</a> <a href="#">2</a>	mg	0.194	4	0.009	0.151	0.543	0.349	0.272	0.072
Selenium, Se <a href="#">1</a> <a href="#">2</a>	µg	1.6	4	0.100	1.2	4.5	2.9	2.2	0.6
Fluoride, F <a href="#">4</a>	µg	4.0	9	--	3.1	11.2	7.2	5.6	1.5
<b>Vitamins</b>									
Vitamin C, total ascorbic acid <a href="#">2</a> <a href="#">3</a>	mg	64.9	2	--	50.6	181.7	116.8	90.9	24.0
Thiamin <a href="#">1</a> <a href="#">2</a>	mg	0.063	4	0.013	0.049	0.176	0.113	0.088	0.023
Riboflavin <a href="#">1</a> <a href="#">2</a>	mg	0.123	4	0.004	0.096	0.344	0.221	0.172	0.046
Niacin <a href="#">1</a> <a href="#">2</a>	mg	0.553	4	0.046	0.431	1.548	0.995	0.774	0.205
Pantothenic acid <a href="#">1</a> <a href="#">2</a>	mg	0.616	4	0.119	0.480	1.725	1.109	0.862	0.228
Vitamin B-6 <a href="#">1</a> <a href="#">2</a>	mg	0.200	4	0.013	0.156	0.560	0.360	0.280	0.074
Folate, total <a href="#">1</a> <a href="#">2</a>	µg	108	4	30.000	84	302	194	151	40
Folic acid	µg	0	--	--	0	0	0	0	0
Folate, food	µg	108	4	30.000	84	302	194	151	40
Folate, DFE	µg	108	--	--	84	302	194	151	40
Choline, total <a href="#">2</a>	mg	40.1	--	--	31.3	112.3	72.2	56.1	14.8
Betaine <a href="#">2</a>	mg	0.1	1	--	0.1	0.3	0.2	0.1	0.0
Vitamin B-12	µg	0.00	--	--	0.00	0.00	0.00	0.00	0.00
Vitamin B-12, added	µg	0.00	--	--	0.00	0.00	0.00	0.00	0.00
Vitamin A, RAE	µg	77	--	--	60	216	139	108	28
Retinol	µg	0	--	--	0	0	0	0	0
Carotene, beta <a href="#">1</a> <a href="#">2</a> <a href="#">5</a> <a href="#">6</a>	µg	929	17	42.000	725	2601	1672	1301	344
Carotene, alpha <a href="#">1</a> <a href="#">2</a>	µg	0	7	0.000	0	0	0	0	0
Cryptoxanthin, beta <a href="#">1</a> <a href="#">2</a>	µg	0	7	0.000	0	0	0	0	0
Vitamin A, IU	IU	1548	--	--	1207	4334	2786	2167	573
Lycopene <a href="#">1</a> <a href="#">2</a>	µg	0	7	0.000	0	0	0	0	0
Lutein + zeaxanthin <a href="#">1</a> <a href="#">2</a> <a href="#">6</a>	µg	1080	12	98.000	842	3024	1944	1512	400
Vitamin E (alpha-tocopherol) <a href="#">1</a> <a href="#">2</a>	mg	1.45	3	0.100	1.13	4.06	2.61	2.03	0.54
Vitamin E, added	mg	0.00	--	--	0.00	0.00	0.00	0.00	0.00
Tocopherol, beta <a href="#">1</a> <a href="#">2</a>	mg	0.01	3	0.005	0.01	0.03	0.02	0.01	0.00

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	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
Tocopherol, gamma <a href="#">1</a> <a href="#">2</a>	mg	0.25	3	0.020	0.20	0.70	0.45	0.35	0.09
Tocopherol, delta <a href="#">1</a> <a href="#">2</a>	mg	0.00	3	0.000	0.00	0.00	0.00	0.00	0.00
Tocotrienol, alpha <a href="#">2</a>	mg	0.00	1	--	0.00	0.00	0.00	0.00	0.00
Tocotrienol, beta <a href="#">2</a>	mg	0.00	1	--	0.00	0.00	0.00	0.00	0.00
Tocotrienol, gamma <a href="#">2</a>	mg	0.00	1	--	0.00	0.00	0.00	0.00	0.00
Tocotrienol, delta <a href="#">2</a>	mg	0.00	1	--	0.00	0.00	0.00	0.00	0.00
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) <a href="#">1</a> <a href="#">2</a>	µg	141.1	4	15.800	110.1	395.1	254.0	197.5	52.2
<b>Lipids</b>									
Fatty acids, total saturated	g	0.079	--	--	0.062	0.221	0.142	0.111	0.029
4:0	g	0.000	--	--	0.000	0.000	0.000	0.000	0.000
6:0	g	0.000	--	--	0.000	0.000	0.000	0.000	0.000
8:0 <a href="#">2</a>	g	0.000	1	--	0.000	0.000	0.000	0.000	0.000
10:0 <a href="#">2</a>	g	0.000	1	--	0.000	0.000	0.000	0.000	0.000
12:0 <a href="#">2</a>	g	0.002	1	--	0.002	0.006	0.004	0.003	0.001
14:0 <a href="#">2</a>	g	0.000	1	--	0.000	0.000	0.000	0.000	0.000
15:0 <a href="#">2</a>	g	0.000	1	--	0.000	0.000	0.000	0.000	0.000
16:0 <a href="#">2</a>	g	0.056	1	--	0.044	0.157	0.101	0.078	0.021
17:0 <a href="#">2</a>	g	0.000	1	--	0.000	0.000	0.000	0.000	0.000
18:0 <a href="#">2</a>	g	0.013	1	--	0.010	0.036	0.023	0.018	0.005
20:0 <a href="#">2</a>	g	0.004	1	--	0.003	0.011	0.007	0.006	0.001
22:0 <a href="#">2</a>	g	0.005	1	--	0.004	0.014	0.009	0.007	0.002
Fatty acids, total monounsaturated	g	0.040	--	--	0.031	0.112	0.072	0.056	0.015
14:1 <a href="#">2</a>	g	0.000	1	--	0.000	0.000	0.000	0.000	0.000
15:1 <a href="#">2</a>	g	0.000	1	--	0.000	0.000	0.000	0.000	0.000
16:1 undifferentiated <a href="#">2</a>	g	0.009	1	--	0.007	0.025	0.016	0.013	0.003
17:1 <a href="#">2</a>	g	0.002	1	--	0.002	0.006	0.004	0.003	0.001
18:1 undifferentiated <a href="#">2</a>	g	0.029	1	--	0.023	0.081	0.052	0.041	0.011
20:1 <a href="#">2</a>	g	0.000	1	--	0.000	0.000	0.000	0.000	0.000
22:1 undifferentiated	g	0.000	--	--	0.000	0.000	0.000	0.000	0.000
Fatty acids, total polyunsaturated	g	0.170	--	--	0.133	0.476	0.306	0.238	0.063

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18:2 undifferentiated <a href="#">2</a>	g	0.051	1	--	0.040	0.143	0.092	0.071	0.019
18:3 undifferentiated <a href="#">2</a>	g	0.119	1	--	0.093	0.333	0.214	0.167	0.044
18:3 n-6 c,c,c <a href="#">2</a>	g	0.000	1	--	0.000	0.000	0.000	0.000	0.000
18:4	g	0.000	--	--	0.000	0.000	0.000	0.000	0.000
20:2 n-6 c,c <a href="#">2</a>	g	0.000	1	--	0.000	0.000	0.000	0.000	0.000
20:3 undifferentiated <a href="#">2</a>	g	0.000	1	--	0.000	0.000	0.000	0.000	0.000
20:4 undifferentiated <a href="#">2</a>	g	0.000	1	--	0.000	0.000	0.000	0.000	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000	0.000	0.000	0.000	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000	0.000	0.000	0.000	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000	0.000	0.000	0.000	0.000
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
<b>Amino Acids</b>									
Tryptophan <a href="#">1</a> <a href="#">2</a>	g	0.034	--	--	0.027	0.095	0.061	0.048	0.013
Threonine <a href="#">1</a> <a href="#">2</a>	g	0.096	--	--	0.075	0.269	0.173	0.134	0.036
Isoleucine <a href="#">1</a> <a href="#">2</a>	g	0.092	--	--	0.072	0.258	0.166	0.129	0.034
Leucine <a href="#">1</a> <a href="#">2</a>	g	0.147	--	--	0.115	0.412	0.265	0.206	0.054
Lysine <a href="#">1</a> <a href="#">2</a>	g	0.155	--	--	0.121	0.434	0.279	0.217	0.057
Methionine <a href="#">1</a> <a href="#">2</a>	g	0.043	--	--	0.034	0.120	0.077	0.060	0.016
Cystine <a href="#">1</a> <a href="#">2</a>	g	0.031	--	--	0.024	0.087	0.056	0.043	0.011
Phenylalanine <a href="#">1</a> <a href="#">2</a>	g	0.116	--	--	0.090	0.325	0.209	0.162	0.043
Tyrosine <a href="#">1</a> <a href="#">2</a>	g	0.060	--	--	0.047	0.168	0.108	0.084	0.022
Valine <a href="#">1</a> <a href="#">2</a>	g	0.138	--	--	0.108	0.386	0.248	0.193	0.051
Arginine <a href="#">1</a> <a href="#">2</a>	g	0.200	--	--	0.156	0.560	0.360	0.280	0.074
Histidine <a href="#">1</a> <a href="#">2</a>	g	0.063	--	--	0.049	0.176	0.113	0.088	0.023
Alanine <a href="#">1</a> <a href="#">2</a>	g	0.114	--	--	0.089	0.319	0.205	0.160	0.042
Aspartic acid <a href="#">1</a> <a href="#">2</a>	g	0.329	--	--	0.257	0.921	0.592	0.461	0.122
Glutamic acid <a href="#">1</a> <a href="#">2</a>	g	0.549	--	--	0.428	1.537	0.988	0.769	0.203
Glycine <a href="#">1</a> <a href="#">2</a>	g	0.101	--	--	0.079	0.283	0.182	0.141	0.037
Proline <a href="#">1</a> <a href="#">2</a>	g	0.111	--	--	0.087	0.311	0.200	0.155	0.041
Serine <a href="#">1</a> <a href="#">2</a>	g	0.129	--	--	0.101	0.361	0.232	0.181	0.048

**Other**

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	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
Alcohol, ethyl	g	0.0	--	--	0.0	0.0	0.0	0.0	0.0
Caffeine	mg	0	--	--	0	0	0	0	0
Theobromine	mg	0	--	--	0	0	0	0	0
<b>Flavonoids</b>									
Anthocyanidins									
Cyanidin <a href="#">7</a>	mg	0.0	4	0	0.0	0.0	0.0	0.0	0.0
Petunidin <a href="#">7</a>	mg	0.0	4	0	0.0	0.0	0.0	0.0	0.0
Delphinidin <a href="#">7</a>	mg	0.0	4	0	0.0	0.0	0.0	0.0	0.0
Malvidin <a href="#">7</a>	mg	0.0	4	0	0.0	0.0	0.0	0.0	0.0
Pelargonidin <a href="#">7</a>	mg	0.0	4	0	0.0	0.0	0.0	0.0	0.0
Peonidin <a href="#">7</a>	mg	0.0	4	0	0.0	0.0	0.0	0.0	0.0
Flavan-3-ols									
(+)-Catechin <a href="#">7</a>	mg	0.0	1	--	0.0	0.0	0.0	0.0	0.0
(-)-Epigallocatechin <a href="#">7</a>	mg	0.0	1	--	0.0	0.0	0.0	0.0	0.0
(-)-Epicatechin <a href="#">7</a>	mg	0.0	1	--	0.0	0.0	0.0	0.0	0.0
(-)-Epicatechin 3-gallate <a href="#">7</a>	mg	0.0	1	--	0.0	0.0	0.0	0.0	0.0
(-)-Epigallocatechin 3-gallate <a href="#">7</a>	mg	0.0	1	--	0.0	0.0	0.0	0.0	0.0
(+)-Galocatechin <a href="#">7</a>	mg	0.0	1	--	0.0	0.0	0.0	0.0	0.0
Flavanones									
Hesperetin <a href="#">7</a>	mg	0.0	1	--	0.0	0.0	0.0	0.0	0.0
Naringenin <a href="#">7</a>	mg	0.0	1	--	0.0	0.0	0.0	0.0	0.0
Flavones									
Apigenin <a href="#">7</a>	mg	0.0	4	0	0.0	0.0	0.0	0.0	0.0
Luteolin <a href="#">7</a>	mg	0.0	2	--	0.0	0.0	0.0	0.0	0.0
Flavonols									
Kaempferol <a href="#">8</a> <a href="#">9</a>	mg	1.1	31	0.12	0.8	3.0	1.9	1.5	0.4
Myricetin <a href="#">7</a>	mg	0.0	4	0	0.0	0.0	0.0	0.0	0.0
Quercetin <a href="#">7</a> <a href="#">8</a> <a href="#">9</a>	mg	1.3	35	0.16	1.0	3.7	2.4	1.9	0.5
Isoflavones									
Daidzein <a href="#">11</a>	mg	0.00	1	--	0.00	0.00	0.00	0.00	0.00
Genistein <a href="#">11</a>	mg	0.00	1	--	0.00	0.00	0.00	0.00	0.00
Glycitein <a href="#">11</a>	mg	0.00	1	--	0.00	0.00	0.00	0.00	0.00

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Total isoflavones <a href="#">11</a>	mg	0.00	1	--	0.00	0.00	0.00	0.00	0.00
Formononetin	mg	0.00	1	--	0.00	0.00	0.00	0.00	0.00
Coumestrol	mg	0.00	1	--	0.00	0.00	0.00	0.00	0.00
Proanthocyanidin									
Proanthocyanidin dimers <a href="#">10</a>	mg	0.0	1	--	0.0	0.0	0.0	0.0	0.0
Proanthocyanidin trimers <a href="#">10</a>	mg	0.0	1	--	0.0	0.0	0.0	0.0	0.0
Proanthocyanidin 4-6mers <a href="#">10</a>	mg	0.0	1	--	0.0	0.0	0.0	0.0	0.0
Proanthocyanidin 7-10mers <a href="#">10</a>	mg	0.0	1	--	0.0	0.0	0.0	0.0	0.0
Proanthocyanidin polymers (>10mers) <a href="#">10</a>	mg	0.0	1	--	0.0	0.0	0.0	0.0	0.0

Sources of Data

<sup>1</sup>Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 5n, 2001 Beltsville MD

<sup>2</sup>Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 5f, 2001 Beltsville MD

<sup>3</sup>Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 14c, 2009 Beltsville MD

<sup>4</sup>Robert Ophaug Fluoride, Unpublished - Ophaug, Microdiffision

<sup>5</sup>J P Sweeney, A C Marsh Effect of processing on provitamin A in vegetables, 1971 J Am Diet Assoc 59 pp.238-243

<sup>6</sup>E D Brown, M S Micozzi, N E Craft, J G Bieri, G Beecher, B K Edwards, A Rose, P R Taylor, J C Smith, Jr. Plasma carotenoids in normal men after a single ingestion of vegetables or purified beta-carotene, 1989 Am J Clin Nutr 49 pp.1258-1265

<sup>7</sup>Harnly, J. M., Doherty, R., Beecher, G. R., Holden, J. M., Haytowitz, D. B., and Bhagwat, S., and Gebhardt S. Flavonoid content of U.S. fruits, vegetables, and nuts, 2006 J. Agric. Food Chem. 54 pp.9966-9977

<sup>8</sup>Pellegrini, N., Chiavaro, E., Gardana, C., Mazzeo, T., Contino, D., Gallo, M., Riso, P., Fogliano, V., and Porrini, M. Effect of different cooking methods on color, phytochemical concentration, and antioxidant capacity of raw and frozen Brassica vegetables., 2010 J. Agric. Food Chem. 58 pp.4310-4321

<sup>9</sup>Price, K. R., Casuscelli, F., Colquhoun, I. J., and Rhodes, M. J. C. Composition and content of flavonol glycosides in broccoli florets (Brassica oleracea) and their fate during cooking., 1998 J. Sci. Food Agric. 77 pp.468-472

<sup>10</sup>Gu, L., Kelm, M.A., Hammerstone, J.F., Beecher, G., Holden, J., Haytowitz, D., Gebhardt, S., and Prior, R.L. Screening foods containing proanthocyanidins and their structural characterization using LC-MS/MS and thiolytic degradation, 2003 J. Agric. Food Chem. 51 pp.7513-7521

<sup>11</sup>Thompson, L. U., Boucher, B. A., Liu, Z., Cotterchio, M., and Kreiger, N. Phytoestrogen content of foods consumed in Canada, including isoflavones, lignans, and coumestan., 2006 Nutr. Cancer 54 pp.184-201

Langual Code(s)

- A0152 VEGETABLE OR VEGETABLE PRODUCT (US CFR)
- A1281 1100 VEGETABLES AND VEGETABLE PRODUCTS (USDA SR)
- B1443 BROCCOLI
- C0144 PLANT ABOVE SURFACE, EXCLUDING FRUIT AND SEED
- E0151 SOLID
- F0014 FULLY HEAT-TREATED
- G0015 BOILED AND DRAINED
- H0001 TREATMENT APPLIED NOT KNOWN
- J0001 PRESERVATION METHOD NOT KNOWN
- K0003 NO PACKING MEDIUM USED
- M0001 CONTAINER OR WRAPPING NOT KNOWN
- N0001 FOOD CONTACT SURFACE NOT KNOWN
- P0024 HUMAN FOOD, NO AGE SPECIFICATION
- P0078 NO SALT ADDED CLAIM OR USE