

Basic Report 11092, Broccoli, frozen, chopped, unprepared

Report Date: September 22, 2019 23:11 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup 156g	1 package (10 oz) 284g
Proximates				
Water	g	91.46	142.68	259.75
Energy	kcal	26	41	74
Protein	g	2.81	4.38	7.98
Total lipid (fat)	g	0.29	0.45	0.82
Carbohydrate, by difference	g	4.78	7.46	13.58
Fiber, total dietary	g	3.0	4.7	8.5
Sugars, total	g	1.35	2.11	3.83
Minerals				
Calcium, Ca	mg	56	87	159
Iron, Fe	mg	0.81	1.26	2.30
Magnesium, Mg	mg	18	28	51
Phosphorus, P	mg	50	78	142
Potassium, K	mg	212	331	602
Sodium, Na	mg	24	37	68
Zinc, Zn	mg	0.48	0.75	1.36
Vitamins				
Vitamin C, total ascorbic acid	mg	56.4	88.0	160.2
Thiamin	mg	0.053	0.083	0.151
Riboflavin	mg	0.096	0.150	0.273
Niacin	mg	0.470	0.733	1.335
Vitamin B-6	mg	0.130	0.203	0.369
Folate, DFE	µg	67	105	190
Vitamin B-12	µg	0.00	0.00	0.00
Vitamin A, RAE	µg	52	81	148
Vitamin A, IU	IU	1034	1613	2937
Vitamin E (alpha-tocopherol)	mg	1.22	1.90	3.46

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Vitamin D (D2 + D3)	µg	0.0	0.0	0.0
Vitamin D	IU	0	0	0
Vitamin K (phylloquinone)	µg	81.1	126.5	230.3
Lipids				
Fatty acids, total saturated	g	0.044	0.069	0.125
Fatty acids, total monounsaturated	g	0.020	0.031	0.057
Fatty acids, total polyunsaturated	g	0.136	0.212	0.386
Fatty acids, total trans	g	0.000	0.000	0.000
Cholesterol	mg	0	0	0
Amino Acids				
Other				
Caffeine	mg	0	0	0