

## Basic Report 11092, Broccoli, frozen, chopped, unprepared

Report Date: June 20, 2019 19:20 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup 156g	1 package (10 oz) 284g
<b>Proximates</b>				
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
<b>Minerals</b>				
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
<b>Vitamins</b>				
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
<b>Lipids</b>				
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
<b>Amino Acids</b>				
<b>Other</b>				
Caffeine	mg	0	0	0