

Basic Report 11739, Broccoli, leaves, raw

Report Date: September 18, 2019 20:11 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g
Proximates		
Water	g	90.69
Energy	kcal	28
Protein	g	2.98
Total lipid (fat)	g	0.35
Carbohydrate, by difference	g	5.06
Fiber, total dietary	g	2.3
Sugars, total	g	1.48
Minerals		
Calcium, Ca	mg	48
Iron, Fe	mg	0.88
Magnesium, Mg	mg	25
Phosphorus, P	mg	66
Potassium, K	mg	325
Sodium, Na	mg	27
Zinc, Zn	mg	0.40
Vitamins		
Vitamin C, total ascorbic acid	mg	93.2
Thiamin	mg	0.065
Riboflavin	mg	0.119
Niacin	mg	0.638
Vitamin B-6	mg	0.159
Folate, DFE	µg	71
Vitamin B-12	µg	0.00
Vitamin A, IU	IU	16000
Vitamin D (D2 + D3)	µg	0.0
Vitamin D	IU	0

Nutrient	Unit	1 Value Per100 g
Lipids		
Fatty acids, total saturated	g	0.054
Fatty acids, total monounsaturated	g	0.024
Fatty acids, total polyunsaturated	g	0.167
Fatty acids, total trans	g	0.000
Cholesterol	mg	0
Amino Acids		
Other		
Caffeine	mg	0