

## Basic Report 11093, Broccoli, frozen, chopped, cooked, boiled, drained, without salt

Report Date: February 23, 2018 23:28 EST

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup 184g
<b>Proximates</b>			
Water	g	90.72	166.92
Energy	kcal	28	52
Protein	g	3.10	5.70
Total lipid (fat)	g	0.12	0.22
Carbohydrate, by difference	g	5.35	9.84
Fiber, total dietary	g	3.0	5.5
Sugars, total	g	1.47	2.70
<b>Minerals</b>			
Calcium, Ca	mg	33	61
Iron, Fe	mg	0.61	1.12
Magnesium, Mg	mg	13	24
Phosphorus, P	mg	49	90
Potassium, K	mg	142	261
Sodium, Na	mg	11	20
Zinc, Zn	mg	0.28	0.52
<b>Vitamins</b>			
Vitamin C, total ascorbic acid	mg	40.1	73.8
Thiamin	mg	0.055	0.101
Riboflavin	mg	0.081	0.149
Niacin	mg	0.458	0.843
Vitamin B-6	mg	0.130	0.239
Folate, DFE	µg	56	103
Vitamin B-12	µg	0.00	0.00
Vitamin A, RAE	µg	51	94
Vitamin A, IU	IU	1011	1860
Vitamin E (alpha-tocopherol)	mg	1.32	2.43

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Vitamin D (D2 + D3)	µg	0.0	0.0
Vitamin D	IU	0	0
Vitamin K (phylloquinone)	µg	88.1	162.1
<b>Lipids</b>			
Fatty acids, total saturated	g	0.018	0.033
Fatty acids, total monounsaturated	g	0.008	0.015
Fatty acids, total polyunsaturated	g	0.055	0.101
Fatty acids, total trans	g	0.000	0.000
Cholesterol	mg	0	0
<b>Amino Acids</b>			
<b>Other</b>			
Caffeine	mg	0	0