

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

Report Date: May 29, 2017 07:18 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup 184g
Proximates			
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
Minerals			
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
Vitamins			
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
Lipids			
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
Amino Acids			
Other			
Caffeine	mg	0	0