

Full Report (All Nutrients) 11093, Broccoli, frozen, chopped, cooked, boiled, drained, without salt

Report Date: October 18, 2017 23:22 EDT

Nutrient values and weights are for edible portion.

Food Group : Vegetables and Vegetable Products

Carbohydrate Factor: 3.57 Fat Factor: 8.37 Protein Factor:2.44 Nitrogen to Protein Conversion Factor:6.25

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 184g
Proximates					
Water	g	90.72	9	0.303	166.92
Energy	kcal	28	--	--	52
Energy	kJ	117	--	--	215
Protein	g	3.10	6	0.132	5.70
Total lipid (fat)	g	0.12	6	0.021	0.22
Ash	g	0.71	6	0.030	1.31
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	20	1.522	61
Iron, Fe	mg	0.61	20	0.040	1.12
Magnesium, Mg	mg	13	20	0.577	24
Phosphorus, P	mg	49	20	1.889	90
Potassium, K	mg	142	20	11.009	261
Sodium, Na	mg	11	20	0.834	20
Zinc, Zn	mg	0.28	20	0.014	0.52
Copper, Cu	mg	0.034	20	0.002	0.063
Manganese, Mn	mg	0.223	20	0.008	0.410
Selenium, Se	µg	0.7	20	0.233	1.3
Vitamins					
Vitamin C, total ascorbic acid	mg	40.1	6	5.569	73.8

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Thiamin	mg	0.055	7	0.004	0.101
Riboflavin	mg	0.081	7	0.004	0.149
Niacin	mg	0.458	6	0.036	0.843
Pantothenic acid	mg	0.274	6	0.013	0.504
Vitamin B-6	mg	0.130	7	0.009	0.239
Folate, total	µg	56	3	4.028	103
Folic acid	µg	0	--	--	0
Folate, food	µg	56	3	4.028	103
Folate, DFE	µg	56	--	--	103
Choline, total	mg	16.2	--	--	29.8
Vitamin B-12	µg	0.00	--	--	0.00
Vitamin B-12, added	µg	0.00	--	--	0.00
Vitamin A, RAE	µg	51	--	--	94
Retinol	µg	0	--	--	0
Carotene, beta	µg	597	--	--	1098
Carotene, alpha	µg	19	--	--	35
Cryptoxanthin, beta	µg	1	--	--	2
Vitamin A, IU	IU	1011	--	--	1860
Lycopene	µg	0	--	--	0
Lutein + zeaxanthin	µg	1095	--	--	2015
Vitamin E (alpha-tocopherol)	mg	1.32	--	--	2.43
Vitamin E, added	mg	0.00	--	--	0.00
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
4:0	g	0.000	--	--	0.000
6:0	g	0.000	--	--	0.000
8:0	g	0.000	--	--	0.000
10:0	g	0.000	--	--	0.000
12:0	g	0.000	--	--	0.000
14:0	g	0.000	--	--	0.000

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 184g
16:0	g	0.016	--	--	0.029
18:0	g	0.002	--	--	0.004
Fatty acids, total monounsaturated	g	0.008	--	--	0.015
16:1 undifferentiated	g	0.000	--	--	0.000
18:1 undifferentiated	g	0.008	--	--	0.015
20:1	g	0.000	--	--	0.000
22:1 undifferentiated	g	0.000	--	--	0.000
Fatty acids, total polyunsaturated	g	0.055	--	--	0.101
18:2 undifferentiated	g	0.013	--	--	0.024
18:3 undifferentiated	g	0.042	--	--	0.077
18:4	g	0.000	--	--	0.000
20:4 undifferentiated	g	0.000	--	--	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000
Fatty acids, total trans	g	0.000	--	--	0.000
Cholesterol	mg	0	--	--	0
Amino Acids					
Tryptophan	g	0.032	--	--	0.059
Threonine	g	0.101	--	--	0.186
Isoleucine	g	0.121	--	--	0.223
Leucine	g	0.145	--	--	0.267
Lysine	g	0.156	--	--	0.287
Methionine	g	0.037	--	--	0.068
Cystine	g	0.022	--	--	0.040
Phenylalanine	g	0.094	--	--	0.173
Tyrosine	g	0.070	--	--	0.129
Valine	g	0.142	--	--	0.261
Arginine	g	0.161	--	--	0.296
Histidine	g	0.055	--	--	0.101
Alanine	g	0.130	--	--	0.239
Aspartic acid	g	0.236	--	--	0.434
Glutamic acid	g	0.417	--	--	0.767

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Glycine	g	0.105	--	--	0.193
Proline	g	0.127	--	--	0.234
Serine	g	0.111	--	--	0.204
Other					
Alcohol, ethyl	g	0.0	--	--	0.0
Caffeine	mg	0	--	--	0
Theobromine	mg	0	--	--	0