

Basic Report 11094, Broccoli, frozen, spears, unprepared

Report Date: November 21, 2017 06:58 EST

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	0.33 package (10 oz) 95g	1 package (10 oz) 284g	1 package (2 lb) 907g
Proximates					
Water	g	90.55	86.02	257.16	821.29
Energy	kcal	29	28	82	263
Protein	g	3.06	2.91	8.69	27.75
Total lipid (fat)	g	0.34	0.32	0.97	3.08
Carbohydrate, by difference	g	5.35	5.08	15.19	48.52
Fiber, total dietary	g	3.0	2.9	8.5	27.2
Sugars, total	g	1.47	1.40	4.17	13.33
Minerals					
Calcium, Ca	mg	41	39	116	372
Iron, Fe	mg	0.72	0.68	2.04	6.53
Magnesium, Mg	mg	16	15	45	145
Phosphorus, P	mg	59	56	168	535
Potassium, K	mg	250	238	710	2268
Sodium, Na	mg	17	16	48	154
Zinc, Zn	mg	0.34	0.32	0.97	3.08
Vitamins					
Vitamin C, total ascorbic acid	mg	68.3	64.9	194.0	619.5
Thiamin	mg	0.072	0.068	0.204	0.653
Riboflavin	mg	0.114	0.108	0.324	1.034
Niacin	mg	0.462	0.439	1.312	4.190
Vitamin B-6	mg	0.175	0.166	0.497	1.587
Folate, DFE	µg	94	89	267	853
Vitamin B-12	µg	0.00	0.00	0.00	0.00
Vitamin A, RAE	µg	57	54	162	517
Vitamin A, IU	IU	1138	1081	3232	10322
Vitamin E (alpha-tocopherol)	mg	1.35	1.28	3.83	12.24

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Vitamin D (D2 + D3)	µg	0.0	0.0	0.0	0.0
Vitamin D	IU	0	0	0	0
Vitamin K (phylloquinone)	µg	101.4	96.3	288.0	919.7
Lipids					
Fatty acids, total saturated	g	0.052	0.049	0.148	0.472
Fatty acids, total monounsaturated	g	0.024	0.023	0.068	0.218
Fatty acids, total polyunsaturated	g	0.162	0.154	0.460	1.469
Fatty acids, total trans	g	0.000	0.000	0.000	0.000
Cholesterol	mg	0	0	0	0

Amino Acids

Other