

## Basic Report 11094, Broccoli, frozen, spears, unprepared

Report Date: September 23, 2017 14:26 EDT

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
<b>Proximates</b>					
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
<b>Minerals</b>					
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
<b>Vitamins</b>					
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
<b>Lipids</b>					
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**