

## Basic Report 11095, Broccoli, frozen, spears, cooked, boiled, drained, without salt

Report Date: May 24, 2017 21:10 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	0.5 cup 92g	1 package (10 oz) yields 250g
<b>Proximates</b>				
Water	g	90.72	83.46	226.80
Energy	kcal	28	26	70
Protein	g	3.10	2.85	7.75
Total lipid (fat)	g	0.11	0.10	0.28
Carbohydrate, by difference	g	5.36	4.93	13.40
Fiber, total dietary	g	3.0	2.8	7.5
Sugars, total	g	1.47	1.35	3.67
<b>Minerals</b>				
Calcium, Ca	mg	51	47	128
Iron, Fe	mg	0.61	0.56	1.52
Magnesium, Mg	mg	20	18	50
Phosphorus, P	mg	55	51	138
Potassium, K	mg	180	166	450
Sodium, Na	mg	24	22	60
Zinc, Zn	mg	0.30	0.28	0.75
<b>Vitamins</b>				
Vitamin C, total ascorbic acid	mg	40.1	36.9	100.2
Thiamin	mg	0.055	0.051	0.138
Riboflavin	mg	0.081	0.075	0.203
Niacin	mg	0.458	0.421	1.145
Vitamin B-6	mg	0.130	0.120	0.325
Folate, DFE	µg	30	28	75
Vitamin B-12	µg	0.00	0.00	0.00
Vitamin A, RAE	µg	51	47	128
Vitamin A, IU	IU	1011	930	2528
Vitamin E (alpha-tocopherol)	mg	1.32	1.21	3.30

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Vitamin D (D2 + D3)	µg	0.0	0.0	0.0
Vitamin D	IU	0	0	0
Vitamin K (phylloquinone)	µg	88.1	81.1	220.2
<b>Lipids</b>				
Fatty acids, total saturated	g	0.018	0.017	0.045
Fatty acids, total monounsaturated	g	0.008	0.007	0.020
Fatty acids, total polyunsaturated	g	0.055	0.051	0.138
Fatty acids, total trans	g	0.000	0.000	0.000
Cholesterol	mg	0	0	0
<b>Amino Acids</b>				
<b>Other</b>				
Caffeine	mg	0	0	0