

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

Report Date: June 29, 2017 05:11 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
Proximates				
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
Minerals				
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
Vitamins				
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
Lipids				
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
Amino Acids				
Other				
Caffeine	mg	0	0	0