

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

Report Date: March 22, 2018 23:07 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 |