

Basic Report 11090, Broccoli, raw

Report Date: July 16, 2019 15:19 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup chopped 91g	1 bunch 608g	1 spear (about 5" long) 31g	1 stalk 151g	0.5 cup, chopped or diced 44g	1 NLEA serving 148g
Proximates								
Water	g	89.30	81.26	542.94	27.68	134.84	39.29	132.16
Energy	kcal	34	31	207	11	51	15	50
Protein	g	2.82	2.57	17.15	0.87	4.26	1.24	4.17
Total lipid (fat)	g	0.37	0.34	2.25	0.11	0.56	0.16	0.55
Carbohydrate, by difference	g	6.64	6.04	40.37	2.06	10.03	2.92	9.83
Fiber, total dietary	g	2.6	2.4	15.8	0.8	3.9	1.1	3.8
Sugars, total	g	1.70	1.55	10.34	0.53	2.57	0.75	2.52
Minerals								
Calcium, Ca	mg	47	43	286	15	71	21	70
Iron, Fe	mg	0.73	0.66	4.44	0.23	1.10	0.32	1.08
Magnesium, Mg	mg	21	19	128	7	32	9	31
Phosphorus, P	mg	66	60	401	20	100	29	98
Potassium, K	mg	316	288	1921	98	477	139	468
Sodium, Na	mg	33	30	201	10	50	15	49
Zinc, Zn	mg	0.41	0.37	2.49	0.13	0.62	0.18	0.61
Vitamins								
Vitamin C, total ascorbic acid	mg	89.2	81.2	542.3	27.7	134.7	39.2	132.0
Thiamin	mg	0.071	0.065	0.432	0.022	0.107	0.031	0.105
Riboflavin	mg	0.117	0.106	0.711	0.036	0.177	0.051	0.173
Niacin	mg	0.639	0.581	3.885	0.198	0.965	0.281	0.946
Vitamin B-6	mg	0.175	0.159	1.064	0.054	0.264	0.077	0.259
Folate, DFE	µg	63	57	383	20	95	28	93
Vitamin B-12	µg	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Vitamin A, RAE	µg	31	28	188	10	47	14	46
Vitamin A, IU	IU	623	567	3788	193	941	274	922
Vitamin E (alpha-tocopherol)	mg	0.78	0.71	4.74	0.24	1.18	0.34	1.15

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Vitamin D (D2 + D3)	µg	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Vitamin D	IU	0	0	0	0	0	0	0
Vitamin K (phylloquinone)	µg	101.6	92.5	617.7	31.5	153.4	44.7	150.4
Lipids								
Fatty acids, total saturated	g	0.114	0.104	0.693	0.035	0.172	0.050	0.169
Fatty acids, total monounsaturated	g	0.031	0.028	0.188	0.010	0.047	0.014	0.046
Fatty acids, total polyunsaturated	g	0.112	0.102	0.681	0.035	0.169	0.049	0.166
Fatty acids, total trans	g	0.000	0.000	0.000	0.000	0.000	0.000	0.000
Cholesterol	mg	0	0	0	0	0	0	0
Amino Acids								
Other								
Caffeine	mg	0	0	0	0	0	0	0