

Basic Report 11740, Broccoli, flower clusters, raw

Report Date: August 17, 2019 17:20 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup flowerets 71g	1 floweret 11g
Proximates				
Water	g	90.69	64.39	9.98
Energy	kcal	28	20	3
Protein	g	2.98	2.12	0.33
Total lipid (fat)	g	0.35	0.25	0.04
Carbohydrate, by difference	g	5.06	3.59	0.56
Fiber, total dietary	g	2.3	1.6	0.3
Sugars, total	g	1.48	1.05	0.16
Minerals				
Calcium, Ca	mg	48	34	5
Iron, Fe	mg	0.88	0.62	0.10
Magnesium, Mg	mg	25	18	3
Phosphorus, P	mg	66	47	7
Potassium, K	mg	325	231	36
Sodium, Na	mg	27	19	3
Zinc, Zn	mg	0.40	0.28	0.04
Vitamins				
Vitamin C, total ascorbic acid	mg	93.2	66.2	10.3
Thiamin	mg	0.065	0.046	0.007
Riboflavin	mg	0.119	0.084	0.013
Niacin	mg	0.638	0.453	0.070
Vitamin B-6	mg	0.159	0.113	0.017
Folate, DFE	µg	71	50	8
Vitamin B-12	µg	0.00	0.00	0.00
Vitamin A, IU	IU	3000	2130	330
Vitamin D (D2 + D3)	µg	0.0	0.0	0.0
Vitamin D	IU	0	0	0

Nutrient	Unit	1 Value Per100 g	1 cup flowerets 71g	1 floweret 11g
Lipids				
Fatty acids, total saturated	g	0.054	0.038	0.006
Fatty acids, total monounsaturated	g	0.024	0.017	0.003
Fatty acids, total polyunsaturated	g	0.167	0.119	0.018
Fatty acids, total trans	g	0.000	0.000	0.000
Cholesterol	mg	0	0	0
Amino Acids				
Other				
Caffeine	mg	0	0	0