

Basic Report 11994, Broccoli, chinese, raw

Report Date: August 21, 2019 12:43 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g
Proximates		
Water	g	92.55
Energy	kcal	26
Protein	g	1.20
Total lipid (fat)	g	0.76
Carbohydrate, by difference	g	4.67
Fiber, total dietary	g	2.6
Sugars, total	g	0.88
Minerals		
Calcium, Ca	mg	105
Iron, Fe	mg	0.59
Magnesium, Mg	mg	19
Phosphorus, P	mg	43
Potassium, K	mg	274
Sodium, Na	mg	7
Zinc, Zn	mg	0.41
Vitamins		
Vitamin C, total ascorbic acid	mg	29.6
Thiamin	mg	0.100
Riboflavin	mg	0.153
Niacin	mg	0.459
Vitamin B-6	mg	0.074
Folate, DFE	µg	104
Vitamin B-12	µg	0.00
Vitamin A, RAE	µg	86
Vitamin A, IU	IU	1720
Vitamin E (alpha-tocopherol)	mg	0.50

Nutrient	Unit	1 Value Per100 g
Vitamin D (D2 + D3)	µg	0.0
Vitamin D	IU	0
Vitamin K (phylloquinone)	µg	89.1
Lipids		
Fatty acids, total saturated	g	0.116
Fatty acids, total monounsaturated	g	0.053
Fatty acids, total polyunsaturated	g	0.347
Cholesterol	mg	0
Amino Acids		
Other		
Caffeine	mg	0