

Broccoli, raw

Portion: 100g

Name	Amount	Unit
Water	89.3	g
Energy	34	kcal
Protein	2.82	g
Total lipid (fat)	0.37	g
Carbohydrate, by difference	6.64	g
Fiber, total dietary	2.6	g
Sugars, total including NLEA	1.7	g
Calcium, Ca	47	mg
Iron, Fe	0.73	mg
Magnesium, Mg	21	mg
Phosphorus, P	66	mg
Potassium, K	316	mg
Sodium, Na	33	mg
Zinc, Zn	0.41	mg
Copper, Cu	0.049	mg
Selenium, Se	2.5	µg
Vitamin C, total ascorbic acid	89.2	mg
Thiamin	0.071	mg
Riboflavin	0.117	mg
Niacin	0.639	mg
Vitamin B-6	0.175	mg
Folate, total	63	µg
Folate, food	63	µg
Folate, DFE	63	µg
Choline, total	18.7	mg
Vitamin A, RAE	31	µg
Carotene, beta	361	µg
Carotene, alpha	25	µg
Cryptoxanthin, beta	1	µg
Lutein + zeaxanthin	1403	µg
Vitamin E (alpha-tocopherol)	0.78	mg
Vitamin K (phylloquinone)	101.6	µg
Fatty acids, total saturated	0.114	g

"Broccoli, raw." *FoodData Central*, 30 Oct. 2020, U.S.D.A., *Agricultural Research Service*, fdc.nal.usda.gov/index.html. Accessed 11 Dec. 2020.

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