



BROCCOLI NUTRITION FACTS

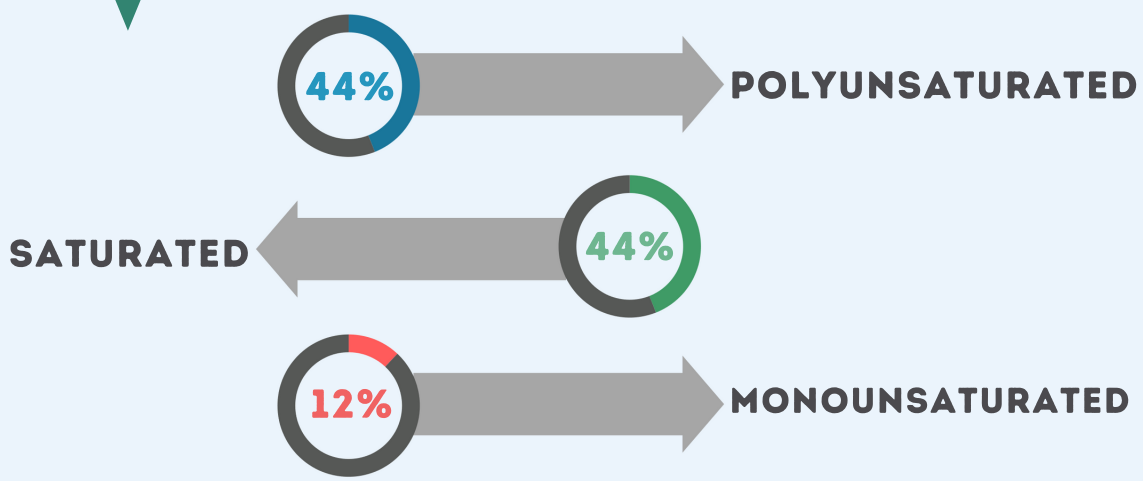


CALORIES 34/100GM

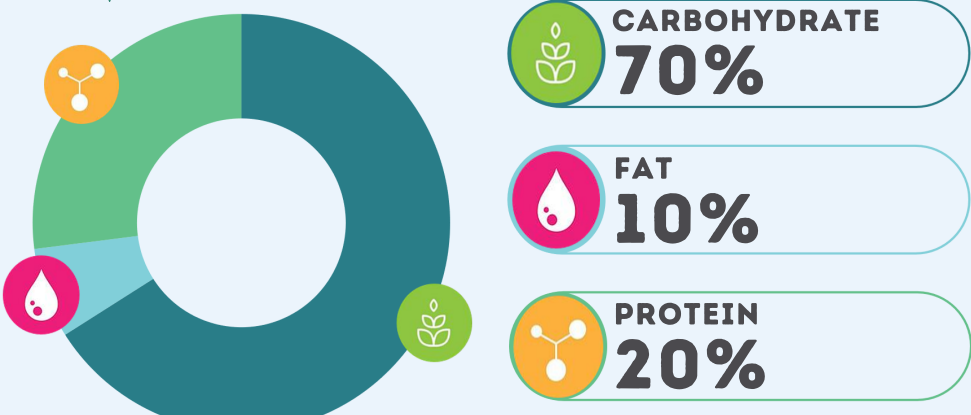
	AMOUNT		AMOUNT
CARBOHYDRATE	6.64 G	NIACIN	0.639 MG
FAT	0.37 G	VITAMIN A	31 MCG
PROTEIN	2.82 G	VITAMIN B12	0.00
CHOLESTEROL	0.00	VITAMIN B6	0.175 MG
FIBER	2.6 G	VITAMIN C	89.2 MG
RIBOFLAVIN	0.117 MG	VITAMIN D	0.00
SODIUM, NA	33 MG	FOLATE	63 MCG
THIAMIN	0.071 MG		



FATS AND FATTY ACIDS



CALORIES BY SOURCE



BROCCOLI OTHER NAMES

BRASSICA OLERACEA
CALABRESE

MINERALS IN BROCCOLI

47 MG	CALCIUM, CA	4 % (DV)
0.049 MG	COPPER, CU	5 % (DV)
0.73 MG	IRON, FE	4 % (DV)
21 MG	MAGNESIUM, MG	5 % (DV)
2.5 MCG	SELENIUM, SE	5 % (DV)
66 MG	PHOSPHORUS, P	9 % (DV)
316 MG	POTASSIUM, K	7 % (DV)
0.41 MG	ZINC, ZN	4 % (DV)

THE DAILY VALUES (DV) ARE REFERENCE AMOUNTS (EXPRESSED IN GRAMS, MILLIGRAMS, OR MICRO-GRAMS) OF NUTRIENTS TO CONSUME OR NOT TO EXCEED EACH DAY.