

Broccoli, cooked, as ingredient

Portion: 100g

Name	Amount	Unit
Water	88.85	g
Energy	35	kcal
Protein	2.94	g
Total lipid (fat)	0.38	g
Carbohydrate, by difference	6.92	g
Fiber, total dietary	2.7	g
Sugars, total including NLEA	1.77	g
Calcium, Ca	49	mg
Iron, Fe	0.76	mg
Magnesium, Mg	22	mg
Phosphorus, P	69	mg
Potassium, K	329	mg
Sodium, Na	34	mg
Zinc, Zn	0.43	mg
Copper, Cu	0.051	mg
Selenium, Se	2.6	µg
Vitamin C, total ascorbic acid	79	mg
Thiamin	0.067	mg
Riboflavin	0.116	mg
Niacin	0.632	mg
Vitamin B-6	0.164	mg
Folate, total	56	µg
Folate, food	56	µg
Folate, DFE	56	µg
Choline, total	19.5	mg
Vitamin A, RAE	31	µg
Carotene, beta	357	µg
Carotene, alpha	25	µg
Cryptoxanthin, beta	1	µg
Lutein + zeaxanthin	1388	µg
Vitamin E (alpha-tocopherol)	0.81	mg
Vitamin K (phylloquinone)	105.8	µg
Fatty acids, total saturated	0.119	g
Fatty acids, total monounsaturated	0.032	g
Fatty acids, total polyunsaturated	0.117	g

"Broccoli, cooked, as ingredient." *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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